



NEW ZEALAND ADVENTURE WOMEN

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ISSUE 221
AUG/SEP 2020
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WHO RUNS THE WORLD? GIRLS!

As Beyonce said in her song, "Who are we? What do we run? We run the world."

Her words seem to ring true in the world right now, with the countries suffering the least during this world-wide pandemic all being run by women. It must mean something! So, it seems timely that this is our women's issue; the one that celebrates the adventurous women in our world.

As the female member of the Adventure team, I always love putting together this issue and being reminded of our incredible achievements. It is also a time to reflect on what it means to be a woman in the world of the outdoors. In the past, a female outdoor enthusiast seemed to fit a certain mold; however, as the world has changed, the people participating in the outdoors has changed with it. Everywhere I look I see women of all ages, all sizes and all personalities entering into the outdoors and finding adventures where they can. On a recent trip to the South Island, we did the via ferrata in Wanaka with Wild Wire (see more on page 30). Apart from Steve (AKA our photographer) our group was made up of all women, even our guide (and owner of Wild Wire) was a woman. We ranged in age and adventure experience, yet here we all were, enjoying the same outdoor adventure together.

On a sad note, as we were putting together this issue, we woke one morning to the news that Angela Madsen, the multi award-winning athlete, had died during her solo attempt to cross the



Steve and I exploring our backyard on a recent trip to the South Island. Proud to be Kiwi!

Pacific Ocean. We were devastated by the news and contacted her team to offer our condolences. Angela was an incredible athlete who overcame a lifetime of setbacks to break numerous world records, however what really interested me was the woman she was behind the athlete; the mother, the wife, the daughter, the grandmother. We are really thankful to her wife Deb and film maker, Soraya Simi, for opening up and sharing her story with us (See page 10).

This issue, our homegrown section features Fiordland and we hope it inspires you to get out and enjoy the outdoors and the wonderful world we have on our doorstep... Happy reading!

Lynne Dickinson - Sub Editor



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EDITOR & ADVERTISING MANAGER

Steve Dickinson
Mob: 027 577 5014
steve@pacificmedia.co.nz

ART DIRECTOR

Lynne Dickinson
design@pacificmedia.co.nz

SUBSCRIPTION ENQUIRIES

subs@pacificmedia.co.nz

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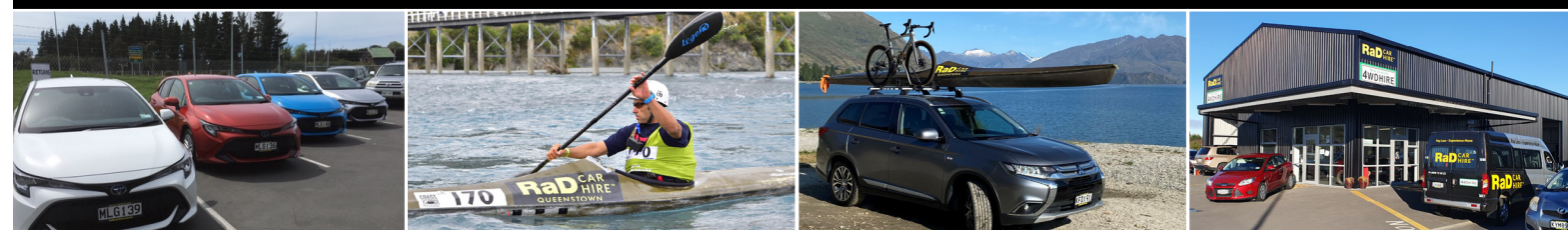
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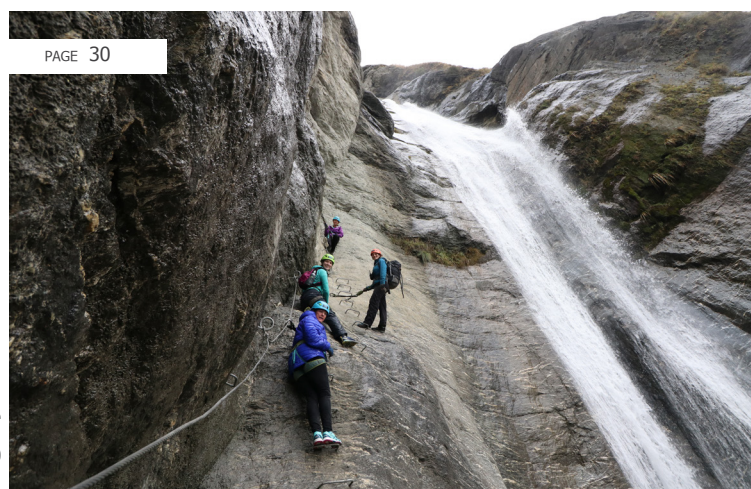
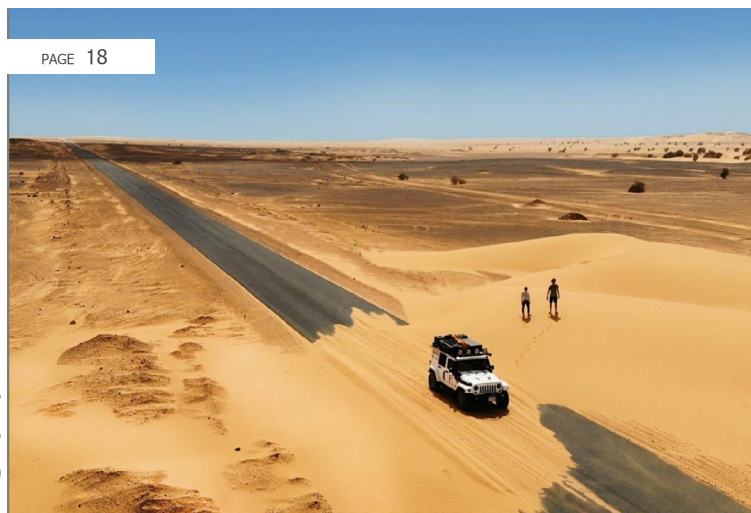
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BEHIND THE COVER



Kiwi's Bridget Thackwray in the Antarctic whilst on their "Expedition Earth". With the aim to promote environmental issues as well as the teams and organizations that work to resolve them, Bridget and her partner Topher RIchwhite, travelled 7 continents in 3 years driving over 350,000km in their Jeep Wrangler. For the full story see page 16

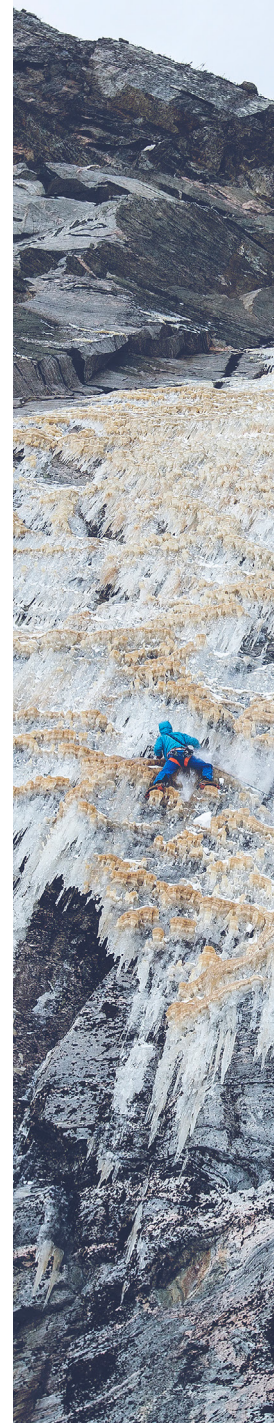
COCKTAIL ON THE ROCK

Keeping in tune with "Dry July", Ecology + Co offer a non-alcoholic option when you feel like a cocktail without the impact of the alcohol. The company, an artisan producer of distilled alcohol-free spirits, small batch, and crafted in New Zealand created this Asian Spice. On the nose there are hints of lemon myrtle, cardamom, black pepper, cassia, basil, and cumin. It tastes slightly pungent and aromatic and although the garnishing covers too much of the pink hue, it also boasts no sugar, no artificial colours or sweeteners, and no regrets. A simple mocktail to dip your taste buds into without it swimming in sweetness.



2 jigger (60mls) Asian Spice @ecologyandco
1 jigger homemade low sugar dragonfruit syrup
Half jigger lemon juice
Shake with ice, sieve into #aglassfromthehospiceshop, and extravagantly garnish with fresh dragonfruit.
Approx 4g carb per serve

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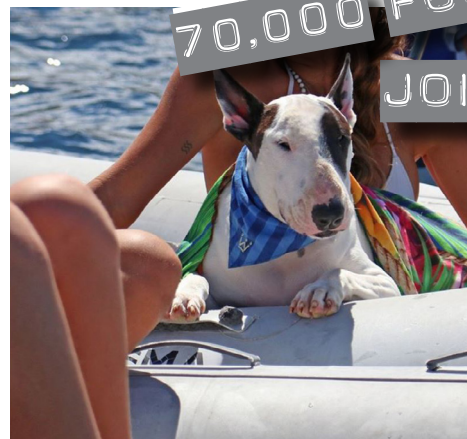
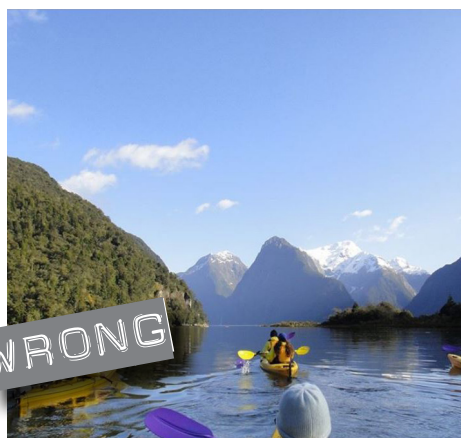
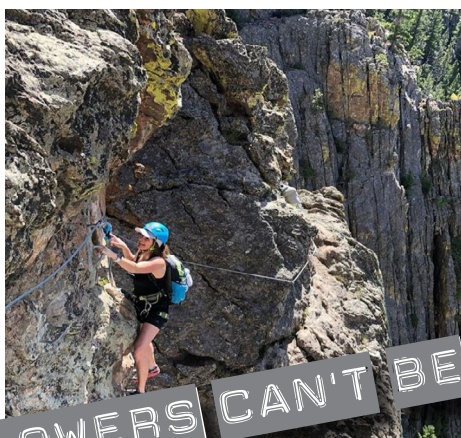
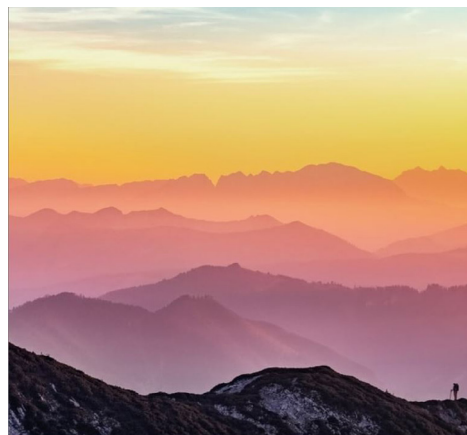

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Angela Madsen

Remembering this incredible woman

“Everyone can do more than they think they can do”

Angela Madsen was an Olympian, a multiple world record holder, and a paraplegic, but behind her numerous records and sporting achievement lies a woman; a daughter, a mother, a grandmother, a wife and a friend.

We were very privileged to have contact with her wife, Deb and her filmmaker Soraya Simi, to give us some insight into the life of this incredible woman who will be deeply missed by so many. We are extremely thankful for their candour and willingness to share their thoughts at such a time of personal grief.

Angela died in June 2020, at aged 60, whilst crossing the Pacific Ocean in her second solo attempt to row alone from California to the shores of Hawaii. She was 60 days into her journey and had covered over half of the 2560 miles (4120 km).

Angela gained her international reputation as a sports woman; a World Record holder in rowing, a three-time Paralympian in rowing, shot put and javelin and a multiple record holder in ocean rowing. But there was so much more to Angela than her world records and sporting achievements.

We asked Deb to describe Angela. Not Angela the athlete, nor Angela the media personality, but Angela her wife. *“She loved to garden and tinker with things. Surfing was her favourite thing. She enjoyed watching TV with my mom. She loved playing with the grandkids, complete with different voices for different characters. They pondered why Barbie dolls could not facepalm. She enjoyed debating politics. She hated when she lost (misplaced) things. She was the most amazing human I ever met.”*

Soraya, explains the first time she met Angela.

“I met Angela almost a year ago when she messaged me on Facebook after seeing my sailing documentary, Where The Water Takes Us, about living at sea for 40 days in the Caribbean. She asked if I would be interested in ‘doing a little video’ on her next solo row attempt. I had no clue what she was talking about and honestly thought it was pretty weird. I had graduated from USC film school only a few months prior and was busy looking for work, juggling a number of part-time jobs to afford rent. I didn’t want to say yes as independent projects are so insanely tough to make, but once I FaceTimed Angela, saw she was almost 60 years old and paralyzed (a few facts she forgot to mention), I was extremely compelled and wanted to hear more of her story.”

Soraya has since become very close to both Angela, Deb and their family...

“Angela was a light. Her aura of goodness, kindness, generosity, and purity was contagious. Everyone loved being around her. Every story she shared opened doors to ten more. She was quick-witted and a prankster-- always had a trick up her sleeve and an uncanny knack for covering her tracks. She sang loudly and often. She was stubborn. She was a great cook, gardener, and brilliant engineer. Above all, she lived truthfully and in harmony with her authentic self. Everything she did was out of love and purpose.”

Something people don’t know is how much Angela loved to prank people. She would convince her rowing students that there was a shark following them so they’d have to row faster. She would trick people into drinking dry coffee grounds (don’t do it). She would tell a long, long story that seemed like it’d have a profound ending, but instead left you with an absurd joke that made no sense.

“Once you meet Angela, it’s pretty easy to forget she’s this larger-than-life figure because she is so relaxed and relatable to be around. But then you see her do something exceptional and then you’d remember you’re dealing with a very special woman.”

Angela’s path through life was not an easy one and once asked where she got her determination and grit from she replied, *“People say I was born with a resilient trait but it’s just that I’ve had more opportunities to practise. Everyone in the world is capable of resilience and adversity and overcoming challenges and some of us are just more practised at it.”*

Angela definitely had plenty of opportunities to practise resilience. With her passion for sports and natural athletic ability, she joined the Marines Corp. straight from school and was selected to become a member of their basketball team. It was during training with them that she injured her spine, ending her military career.

"You can’t sit there waiting for the world to change, you have to get out there and change it for yourself."





Previous page: Angela Madsen; athlete, daughter, wife, mother and grandmother.

Above left: The boat that would take Angela across the Pacific Ocean, The Row of Life

Above Right: Angela with her wife, Deb

Images compliments Soraya Simi and Deb Madsen

She forged a successful life for herself outside of the military as a mechanical engineer, however, after 13 years the pain and degeneration of her spine meant surgery was needed to help heal her ruptured discs. It was this surgery, (due to botched procedures) that compromised her spinal cord and left her in a wheelchair.

Unable to work she lost her job, her home, her relationship and her will to live. “The first couple of years were the hardest, I just didn’t see any kind of a future life, only pain and suffering.” Frightening statistics from America show that 1 in 22 veterans will take their own lives, and Angela almost became one of those statistics. She explained that during the moment of being “bought back” by paramedics she realised she couldn’t go on living the way she was and she had to make a change. *“Things don’t just get better, you have to work at them. You can’t sit there waiting for the world to change, you have to get out there and change it for yourself.”* Angela came to realise it is our own personal responsibility to move ourselves positively forwards, and not to remain adrift and she did just that. She took up wheelchair basketball and rowing and became an athlete and an inspirational coach. It was through coaching that she met her wife, Debra Moeller, a social worker. They were married 5 years later.

Angela was incredibly self-motivated woman but she was also deeply invested in motivating other people to try everything so they would find

something they really enjoyed doing. For Angela that ‘something’ was sports. Deb explains, *“Other people’s success, comfort and goals were important to her. She made people feel important and would hang on their every word, even if their disability made communicating very difficult.”*

For Angela, the overall mission of her solo row across the Pacific was to help others. On the day of her departure she explained. *“In the wake of Corona Virus, of everyone being afraid, I want people to know that the low points don’t mean the end, it just can be the start of something else.”*

Her desire to help others was one of the things that made her so special, but what motivates someone to want to row across oceans? Angela loved being out on the ocean, she once described it as that feeling you have when you are a kid of being an explorer. She never knew what it was she would explore but she knew it would be something. But Deb believed that for Angela, when she was on the ocean, she was able to compete with able bodied people on a somewhat level playing field.

Soraya explains what she feels motivated Angela:

“Something deeply personal... Angela will tell you a myriad of reasons. Like “disability is not a death sentence”. Disabled (differently-abled) people can and will achieve whatever they set their minds to because it is not so much a question of physical ability, but mental.

She’ll tell you it’s for the sense of accomplishment. Knowing that she alone propelled herself across 2,500 miles of ocean. But really, the reasons why any explorer or athlete ventures into the depths of hardship and adversity voluntarily, lies within them. We can speculate a thousand reasons, but any desire to do something of this magnitude begins to hint at a deeper need, something the vast majority of us will never comprehend.”

Soraya continues, *“Angela prepared six years for this row. Her first solo attempt was out of Santa Cruz in 2013 which ended on day 10 when she was rescued in the middle of a storm. The boat was abandoned and drifted all the way to Mexico, and eventually Angela recuperated it. This is the same boat, Row of Life, Angela was on for this second solo attempt.*

From that first failed attempt, Angela learned a lot about what to do differently not so much technically (her career of ocean rowing was far beyond what most people had accomplished), but mentally. She learned to trust her boat. That it can and would weather any storm. She was optimist in her ability to hunker down and sit it out, trusting that the small shelter between her and endless, vast ocean would keep her safe.

Angela rowed almost daily. She ran a non-profit in Long Beach, CA called CARP (California Adaptive Rowing Program), where she trained people of all disabilities, abilities, shapes, sizes, and

ages in rowing. She had a Concept2 rowing machine which, at night, since she couldn’t sleep more for two hours at a time from pain in her back, she would wake up and row. This mimicked the sleep and work schedule at sea, as she rowed for two hours on, two hours off, repeatedly, everyday.”

The idea of being alone in the middle of the ocean, miles from land, would make many of us fearful. However, Angela did her best to mitigate those fears with knowledge and preparedness.

Soraya explains.

“Angela was scared lots of times, but her incredible ability to reframe her mindset and handle what was thrown at her, is, as Angela puts it, a result of getting a lot of practice. Angela used to say that she wasn’t scared but Deb once pointed out after Angela was speaking to a group of kids about what she does that it wasn’t right to paint an inaccurate picture of the sheer vulnerability one faces out there, alone. Any water person knows that you are not in control. How you respond to the chaos and unpredictability of the elements is what dictates your survival. Nature is wholly indifferent and has no agenda.”

Angela enjoyed being alone on the crossing, but she did have the technology that allowed her to share her journey with people through text messages and satellite phone calls so she was rarely lonely. As for the fear of getting lost, Deb explains, *“with GPS technology and tracking, getting lost is not easy. You may not always be going where you want to go, but you’re never lost.”*

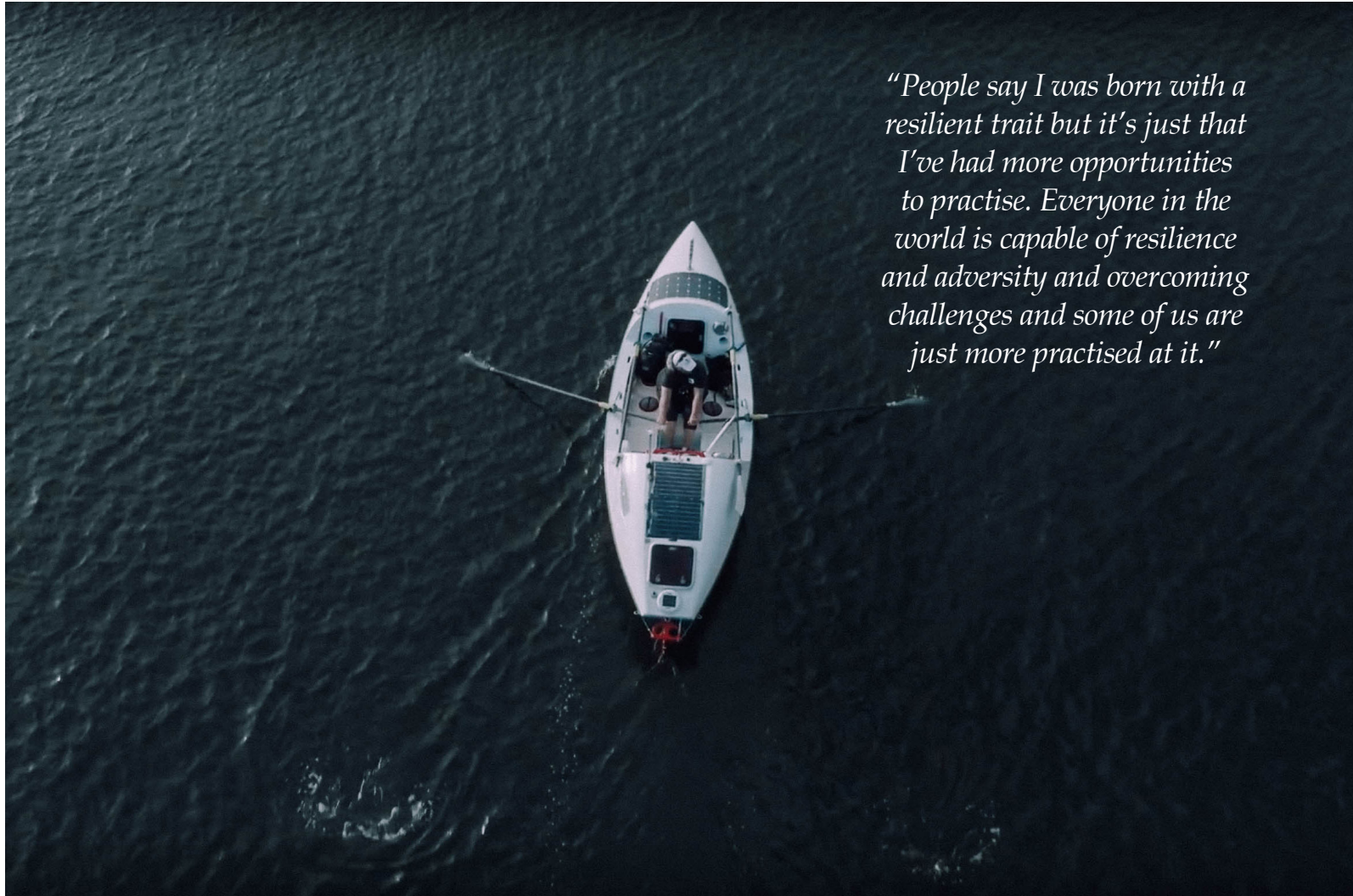
It would be impossible to row for any period of time without experiencing a storm. However the ocean rowing boats are designed to self-right if they capsize in a storm and are made to sustain life while at sea. It wouldn’t suit all of us but Angela seemed to delight at being so close to the weather and maybe that’s one of the things she loved about ocean rowing.

In the same way that Angela ‘delighted’ in facing the storms in her boat, she also thrived facing the storms that life threw at her. Throughout her extraordinary life, Angela revealed the amazing personality and qualities that have become her legacy. Angela not only overcame her challenges, but they became a podium for her to reach out to others and reveal the amazing woman; daughter, mother, grandmother, wife and friend, that she was.



Above: Angela in her days with the Marine Corp.

Below: Angela, alone on the ocean



“People say I was born with a resilient trait but it’s just that I’ve had more opportunities to practise. Everyone in the world is capable of resilience and adversity and overcoming challenges and some of us are just more practised at it.”

Soraya still has every intention of completing the film to memorialize Angela’s legacy and share her story of her last row at sea. To stay updated on its progress, follow along at [@rowoflife](#) on Instagram.



Springing into a Challenge

By Vicki Knell



The Spring Challenge involves rafting, biking and team work



That's me in the middle, crossing the finish line of the Autumn Challenge, 11 years ago.

The North Island Spring Challenge adventure race is being held in the central location of Cambridge on the 16-18th October. If you have ever thought about taking on an adventure race then this is the challenge for you. 11 years ago I was lucky enough to have two friends who were as adventurous or as crazy as me and we competed in the 2009 Autumn Challenge. This was held around the stunning Mountain Valley Lodge in the Mohaka region. With a combined age of over 120 years we were veterans, and it took us 8 hours and 39 minutes to complete the raft, bike and trek. We placed 5th in the veterans division and 18th overall and we were elated; our weeks of training and weekends of team building had paid off. Now eleven years later we are super vets, meeting the over 150 years combined age with a few years to spare.

Most of us face it at some poin, what to do as we get older to motivate ourselves to maintain or improve our fitness and keep the adventurous spirit alive? Recently resigning from an all-consuming job which had provided a convenient excuse to not be as fit as I could be, has been the catalyst for me to get out from behind the computer screen and get going. Luckily for me one of my team mates from 11 years ago is also keen to take up the challenge again and we have roped in another friend. We all admit that we'll be starting from a pretty minimal base fitness levels but we have 12 weeks to get ourselves race ready. Let the fun begin.

The Spring Challenge is an adventure race for women which began in New Zealand in 2007. It is a team event where 3-women do the entire course together, traveling through the stages as a unit - meaning - it is not a relay team where different team mates do different stages, in adventure racing, the whole team does everything.

Because navigation is a factor, each year the event has a brand new course in a different location, so even for the regular participants, it's always refreshed and exciting, plus there's not a big advantage over teams who are new comers to the sport.

The first step of doing an adventure race is having an appetite for adventure and a desire to embark on a challenge. There are 3-main options for the event; 3, 6 and 9-hour options, plus categories within. Decide what suits your ability best, then build a team of 3-women with a shared goal and ideally, similar ability.

The beauty of taking up this challenge is that there is an enormous amount of support provided by race director Nathan Fa'avae and his team. The website has full training programmes broken down into monthly schedules with themes covering base fitness, endurance, speed and tapering. We followed Nathan's training programme back in 2009 and all felt well prepared and fit enough to actually enjoy the challenge. However we were over 10 years younger and it'll be interesting to see how we go this time round – 3 older chicks springing into the challenge - wish us luck! Better still come on and join us.

For more details check out www.springchallenge.co.nz/2020

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Paige Hareb

Gaining a new perspective

Kiwi pro surfer, Paige Hareb qualified for the world tour in 2008 and has spent the last 12 years travelling the globe competing on the international circuit. When Covid hit in March, she was in New Zealand for the Piha Surf Competition and found herself stranded back in her home country. This is the longest time Paige has been in one place since she was 17 years old. We caught up with the now 30 year old for a quick chat...

When was the last time you were in NZ longer than 2 months? I think when I was 17 years old, so 13 years ago! The next longest time was a few years ago when I broke my ribs. That didn't really count because it was only for 4 weeks and for most of that time I just lay flat in bed healing my ribs.

A few thoughts about being home... what's the best thing? Wow, this question is harder than I thought it would be! Honestly, lockdown and after lockdown has been the best time for me to sit back and look at how my life has been...super hectic, on the go surfing and competing from one country to the next, airport to airport. It's been great but I've missed out on simple things like cooking!

I'm 30 years old and only just learnt how to cook more than a couple of meals! Also now has been the first time in 15 years that I have been able to join a sports team (basketball and soccer) which has been quite eye opening and enjoyable after competing in an individual sport for so long. Last but not least, exploring my own home town, region and country. For example I did a cool hike that's literally in my backyard that I should of done many years ago because it is so close and accessible but just never found the time.

What's the worse thing? At the start of lockdown there was a lot of finger pointing and you could see peoples true colours. Other than that, I am, all of us are so lucky to be "stuck" in NZ.

The funniest thing? Living with my parents and three French friends all under one roof for four months! We all cooked, played, surfed, trained, cried and laughed together. We were very fortunate that we all got along super well, making lockdown fun, from handstands to table tennis to charades and everything in between.

What have you most appreciated about being back in NZ? Living in a small town by the sea and having good friends and family. During lockdown it made me realise how easily you can become a recluse and avoid people. Having your own space (which with a deathly virus going around) is extra nice but on the other hand that also made me appreciate good people and appreciating their time and energy a lot more. Also being a tour guide for my French friends made me appreciate all the landscape and activities and adventures that NZ has to offer.

What has it made you realise about yourself? It has definitely made me appreciate my health and relationships a lot more but also lockdown taught me that I can still learn new things and push my body. I ended up doing a half marathon with no training at all, I listened to a audiobook called "can't hurt me" which helped me get through it, highly recommend it. I already knew how lucky we are to be here in NZ but this virus has just highlighted that even more.

What are you most looking forward to when the world reopens? Competing Internationally again and exploring new countries before something like this happens again. I really want to go on another boat trip to the Mentawai Islands for surfing and I'm also super keen to get back to Japan and Utah for some skiing.



Above: Kiwis, Bridget Thackwray and Topher Richwhite
Main image: At the starting point in their journey on the Alaskan Highway

Expedition Earth

7 continents - 3 years - 350,000km

Kiwi's Bridget Thackwray and Topher Richwhite, came up with the idea of driving their way round the world. They purchased a car and launched "[Expedition Earth](#)" with the aim to promote environmental issues as well as the teams and organizations that work to resolve them as they travelled 7 continents in 3 years driving over 350,000km in their Jeep Wrangler.

On the 8th of April 2018, my partner Topher and I began a 3-year overland expedition from the northern most drivable point in the America's, Deadhorse, Alaska. It was -30C inside the car where we had spent the last 3 nights sleeping in our survival suits and sleeping bags. Our friends and families back home knew very little about our big plan, so we launched our Instagram page, announcing 'Expedition Earth' and our journey around the world. It was when we turned the cars ignition to begin our 7 continent adventure that we realized our battery had frozen along with our water, food and cooking gas. It was not the start we had imagined.

6 months earlier, Topher and I were on our second date, picnicking out the back of his car in -5C somewhere near the foot hills of Mt Cook. It was during that day that we bonded over our mutual love for exploration travel. We talked about a road that never ended and a car that could take us anywhere. That night, we shook hands in Topher's kitchen and made a promise to each other that we would one day drive the world together.

The next day we put pen to paper and drew what would become the route map we are still driving today. In fact, I remember showing Topher a picture of a frozen fur yurt somewhere in the Russian Arctic Circle, which we have now two years later, just returned home from due to Covid-19. We spent days and nights dreaming about the places we could visit, but really there was very little planning. Paralysis by analysis is something that Topher learnt from his music days in the UK, so he agreed this was something we could both overthink. We love the slogan 'Just do it'.

We arranged a skype call with a car salesman in Vancouver who showed us his Jeep Wrangler options in the yard. We picked the white one because we had read that white was the least threatening colour for driving through Africa. Three days later, we were on a plane to meet our 4-wheeled companion 'Gunther', named after the German explorer Gunther Holtorf.

We had broken our adventure into 3 separate legs over 3 consecutive years. Leg 1 took us south down the Pan-

American highway from Deadhorse, Alaska to Ushuaia, Argentina. As this was the least daunting leg of the journey, we made it our first in case we had issues with the car or equipment. Aside from Topher replacing an incorrect oil filter, leading to a breakdown on one of the world's most dangerous roads in Bolivia, the journey south went very smoothly. We were beginning to see a pattern in areas of environmental concern which sparked a keen interest to document the effects the growing human population is having on natural habitats.

Our second leg began in Cape Town where we were reunited with Gunther after his shipment from Buenos Aires. By this stage we had some configuration ideas of how we could maximize the space available inside the Jeep. Topher is 6ft5 and he can sleep comfortably in the back of Gunther with the seats folded forward, but we wanted a fridge, second battery and more storage. We took the car to Johannesburg where we had it kitted out at the Front Runner head office. Gunther was now ready to tackle Africa! We set off west to





Top L-R: Rockies, Canada / Antelope Canyon, USA / Death Road, Bolivia
Bottom L-R: Danakil Depression, Ethiopia / Giza Pyramids, Egypt / Road to Slovenia
Main image: Pink Lake, Namibia

the Skeleton Coast of Namibia before heading east through Botswana, Zambia, Zimbabwe to Mozambique and Malawi. Sub Saharan Africa was a self-drive safari park. We had the roof off the Jeep, spotting animals from inside and outside the car. We were able to camp between safari parks in no man's land where elephant, lion and baboons would walk through our camp in the middle of the night. Because of the heat, we slept in a safari tent away from the car which had more ventilation but felt a little less secure.

National Geographic had arranged some assignments for us to document the silverback Gorillas in Uganda, the Golden Monkeys of Rwanda and the Lion Killers of Katavi. To see the effects that tribal communities and their traditions are having on the natural habitats illustrates the complexity of conservation not just in Africa but globally.

When we were in Nairobi we met an Australian couple, who were coming to the end of their overland journey through Africa. Though they were eager to keep heading north, they were hesitant as the border between Kenya and Ethiopia was becoming 'hot' with tribal conflicts. Topher

and I headed over to the New Zealand embassy and asked for their opinion. They said 'don't go unless you have to, it's too dangerous.' Our only other option was to head south around the DRC and up the west coast of Africa. This would be a 6-week detour which we couldn't afford. We said 'just do it, but minimize the risk as much as possible and let's take the Aussies just in case!'

We had some steel mesh bolted onto the side of Gunther's windows that protects the glass from being smashed. As we would now be sleeping in the car for security reasons, the steel mesh would also stop anyone poking guns through the windows during the night. This happened to a Swiss couple on Lake Malawi just a short while after we passed through. The Ethiopian and Sudanese embassy gave us their WhatsApp numbers so that we could check in with them to find out where the conflict areas were in real time. We still receive regular messages from them asking how Mr Gunther is.

Once the armor was installed, we set off from Nairobi heading north towards the Ethiopian border with our Australian counterpart tailing closely behind.

Somehow, we managed to convince them that it would be safe. Unfortunately, we were wrong!

With no access to fuel or cash between Kenya and Egypt, we were truly on our own. The Australians had failed to get their visa for Sudan in Nairobi so we had to part ways in Addis Ababa. Whilst in the city we exchanged Ethiopian Birr for US dollars with a UN worker and bought 270 litres of petrol from the black market. We continued north towards Sudan but it was only one day out of Addis that we were stopped by a group of young men armed with machine guns. Topher had a gun pointed at him as he was kneeling outside of the car, while another rummaged through our belongings as I remained in the driver's seat. A group of farmers gathered from the bush and the situation deescalated almost as quickly as it began. Once we reached Sudan our fuel was low and we were starving hungry. We reached Khatoum where we had prearranged and paid for a night's accommodation in a comfortable hotel where we ate, showered and reorganized the Jeep. We felt like it was the home stretch as it was only another 2 or 3 night's sleep before we would be crossing into Egypt.



Top L-R: Our Jeep's namesake, Gunthur / Siberia, Russia / Yamal Ice Fishing, Siberia
Bottom L-R: Touring NZ in their Jeep Heaphy (Gunther is still in Moscow) Rees River, NZ / Far North, NZ / Exploring the NZ Ski Fields
Main Image: Haast Pass, New Zealand

The road between Khartoum and Egypt is very long, very empty and very straight. We would make sure there were no cars in sight before driving off-piste to find a safe place to camp, hidden from passers by. The temperature would remain above 30C during the night, so sleeping was difficult. To avoid being seen we simply lit a candle, poked into the sandy desert floor. This attracted locusts and scorpions but it was better than bandits.

When we eventually reached Egypt, we heard news of the Khartoum massacre. We were saddened to see images of bodies being thrown into the river from the bridge we passed just 3 days earlier. We had convinced our Australian friends Marcus and Pauline to convoy with us north and now they were stuck in one of the most foreign places on the planet, surrounded by gunfire and paramilitary. We had a message from them saying they were going to try and sneak out of the city in the morning by driving up the side of the Nile. After two days of failed attempts, they finally escaped the city on the third, where they drove south to Port Sudan and shipped their car to London.

Because the Sinai peninsula is now facing high threats of terrorism, 4x4's are banned from entering the region. Our only

way to get Gunther to Asia and Europe was to ship from Alexandria to Istanbul.

Topher and I had both experienced Europe and with our budget in mind, we decided to drive quite directly through the Alps from Slovenia to Switzerland. After dust storms, river crossings, frozen engines and black-market petrol, Gunther needed a good service so we had a 3-week pitstop in London. While we were on the ground we caught up with National Geographic and the BBC to discuss the possibility of turning the final leg of Expedition Earth into a TV series. Due to Covid-19, this has been taken off the agenda for the time being but we'll look to begin filming when we return to Gunther in 2021.

From London, we drove to Denmark where we shipped ourselves and Gunther to the Faroe Islands, Iceland and back to Denmark before finishing Leg 2 in Norway's North Kapp. To celebrate the end of such a huge year, we drove to Bavaria Germany to visit the man who inspired our adventure, Mr. Gunther Holtorf. We had spent over a year trying to get in contact with him and had almost given up, when a Chinese 4x4 escort said he had guided Mr. Holtorf through the country 20 years ago. At 86 years old,

he's still very mobile and full of energy. When he's not in his home in Germany, he's in South America living in his 1986 G-Wagen called Otto 2. Gunther had a tear in his eye when he met the Jeep and saw his name decaled on the bonnet. It was a very special moment for all of us.

We were in the Siberian Arctic Circle in February this year when we were contacted by the New Zealand embassy saying all borders around us had closed. We drove for 6 consecutive days until we reached Moscow Airport where we were lucky to get on a flight that night back to New Zealand.

As we are fortunate to be in a Covid-free country, our sights are now on supporting local business and promoting domestic travel throughout New Zealand. We will be working with HEAD Ski to showcase the unique terrain New Zealand has to offer for off piste ski touring.

Gunther is in a long stay car park at Moscow Airport. We plan to return to him no earlier than March 2021 when the snow and ice has started to melt on our route south-east to New Zealand. Leg 3 takes us through Iran, Mongolia, China, Nepal, Pakistan, India, Australia and New Zealand.



JEEP WRANGLER RUBICON

The iconic Jeep Wrangler Rubicon is true to its heritage combining capable features with updated design and materials to deliver luxury and refinement while proudly maintaining the iconic Jeep Wrangler look. Embracing the 'Go Anywhere, Do Anything' attitude, this vehicle is positioned as an outstanding off roader, who's capabilities mean it can tackle the toughest of terrains when required.

'Heaphy' has been fitted with over ten of the most capable genuine Mopar accessories available for this model. This ensures 'Heaphy' has what it needs to take on the tough New Zealand terrains during the winter months with ease.

With over 70 safety features available on the vehicle and fitted with the legendary 3.6-litre Pentastar V6 Petrol Engine, ZF 8-Speed Automatic Transmission and Selec-Trac® 4x4 system, the Jeep Wrangler Rubicon continues the legacy of the original Willys MB and marking the next stage in the history of the world's first 4x4.

www.jeep.co.nz

Can you really improve over 40?

Annabel Anderson explores the case for training camps for adults... and why you'd be mad not to.



Snow sports are hard. Try learning to guide two planks downhill with a reasonable amount of control and style in plastic boots resembling something out of RoboCop as an adult and you'll know exactly what I'm talking about.

The question is, we put our kids in ski schools, often for days at a time and we see their improvement happen before our eyes, but why don't we do the same for ourselves to keep our own progression and learning continuing like our kids?

There's a multitude of reasons and they often sound something like the following:

"But I can already ski, why would I go back and learn all over again?" "I grew up skiing, I'm, good..." and the all too often response from women; "I'm not sure if I'm good enough for something like that?"

Let's just say it's time to put all of these beliefs to bed and re-write the way we look at skiing and riding as we move into our forties and beyond.

Just to put you at ease; I'm not talking hucking cliffs and sliding rails. There

are somethings that are simply best left to young bodies yet to get to full frontal lobe development and don't need to think twice about how well they bounce when missing a landing or two.

What I am talking about is changing the way we look at the time we spend on snow and treating it as a chance to evolve our technical abilities purely for our own pleasure.

In technical sports, the improvement of our fundamental skill base allow us to get more out of our equipment meaning more enjoyment doing that thing we love to do; carve turns regardless of radius, mountain or snow conditions.

For the past 28 years the duo of Dean Hunter and Garrett Shore have been training ski and snowboard instructors from around the globe under the banner of The Rookie Academy in Wanaka and the Northern Hemisphere.

Harking back to the early days of 1992 when 198cm straight skis and rear entry Salomons were the gear of choice, the Rookie Academy was a one man band running a 10 day training programme at Treble

Cone designed to train Wanaka locals to become ski instructors. 28 years on, it has grown to become internationally renown, pre-eminent ski and snowboard instructor training programmes drawing students from around the globe and hosting the 'who's who' of celebrity ski and snowboard trainers each year to pass on the latest in snow sport specific learning, teaching and riding techniques to the next crop of instructors and trainers.

Celebrity Trainers

I can recall the allure of one of these well known 'masters of carving' first hand. In fact I can personally retell the story of one die hard local who so was hellbent on getting some 'tips' from his Youtube skiing idol that he chased him around Treble Cone for days on end hoping to swing a chair ride with him in the hunt for elusive tips to perfect his "carve".

The good news is that starting this very winter, you no longer have to stalk your idols around the mountain in the hope of riding the same chair or bumping into them during apres hour down in the village.

Training Camps for Grown Ups

Yes, the bastions of teaching, The Rookie Academy are finally opening up their doors to the more mature 'mere mortals' like yourself and I to start realising our "yet" unmet skiing and riding potential with five day programmes delivered weekly from Sunday to Friday.

Running from late June until mid September and primarily based at Treble Cone, you'll get the access to learn first hand from the best trainers to experience first hand what has drawn instructors from around the world to train and enhance their skills...without the stress of sitting an exam at the end.

Simply put regardless of where you're at (the caveat being that you can comfortably negotiate blue trails across the mountain) as one former "Rookie" put it matter of factly, "You're going to learn to ski properly. Most adults think they can ski, but you're never too old to learn new tricks and be stripped back to the basics that set you up to start skiing the best turns of your life".

As Rookie Academy Director Garrett Shore puts it, "There was a disconnect between taking lessons at resort ski schools and people wanting to progress their skiing and riding but not wanting to become instructor."

"We have been wanting to do something like this for a long time and the acquisition of Treble Cone by Cardrona Resorts (who have their own instructor training programme) has allowed us to finally make this offer a course like this to people who want to not only improve, but also learn from the 'best of the best' snow sports trainers.

"In many ways it is incredibly family friendly. Your kids can be in ski school or one of the snow sports programmes and you get to work on yourself as well. It's very much a win/win for snow loving parents and kids alike, or just adults that didn't have the opportunity to do something like this when they were younger."

"What makes this five day programme unique is that it takes you from where you are at this present moment, shows you what 'excellence' looks like, then takes you on a progressive and structured journey to get there which is customised to you. We use video analysis software that makes it easy to understand and we make sure that your equipment is set up to fit you properly. We'll walk you through the

science of learning and technique and help you understand the 'why' this is the way that it is and then show you how to do it to allow you to take ownership for your own progression".

"Structured around video analysis before and during the camp to track your progress as well as on-going feedback after the camp to ensure you keeping progressing."

Girls Only Camps

Understanding how intimidating it can be to line up as the only girl amongst a bunch of guys for the week, dedicated female-only weeks are being run to ensure there are no barriers to access with time Rookie Academy trainer Sarah "Sem" Walls is taking the reins to run these weeks throughout the winter. Known for her hard charging skiing and love for fun, her enthusiasm and love for

skiing is infectious to all those that come into her sphere.

"Whether you're looking to increase your skills to the double black diamond level or simply want to have an awesome week of skiing meeting new friends, Sem is the woman to take you there," says Sem.

Structured over six days, the five day course is split into Sunday-Monday-Tuesday and then Thursday-Friday to make it an easy fit around booking time off work, school holidays and family.

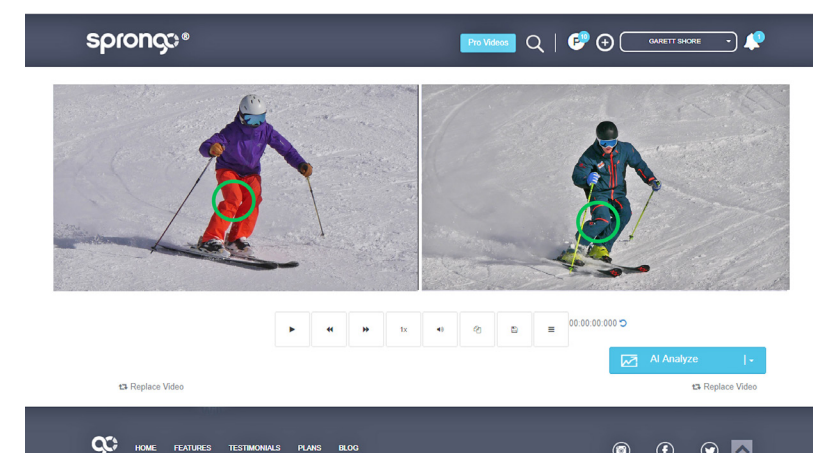
As the saying goes, "you're never too old to learn new tricks".

For more information and to find out more visit www.rookieacademy.com

Maybe your best turns really do lie in your future?



We put our kids in ski schools, often for days at a time and we see their improvement happen before our eyes, but why don't we do the same for ourselves.



Training camps provide side by side video analysis to help you improve your technique and style

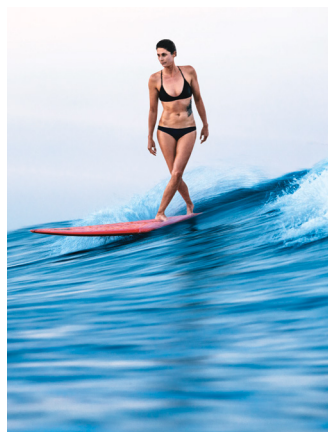


Photo: Jarrah Lynch.

Belinda Baggs: surfer, activist, mother

Belinda Baggs grew up with sand between her toes. Following in the footsteps of her father, a passionate surfer, she progressed beyond the shore break to behind the breakers, and through her teens the surfing lifestyle became embedded deeply in her being. With titles from the women's longboarding circuit under her belt, Bindy is a dedicated mother and activist, working today with Patagonia, @surfersforclimate and @take3forthesea among other action groups.

From her home on Australia's Surf Coast, Bindy shared how the ocean provides solace, empowering her to tread lightly yet fight for the planet, and her child's future.

Did you always have an adventurous nature, drawing you to the outdoors and an alternative life for yourself?

My adventures were always in or around the coast hunting for the best waves. Even as a beginner, the conditions can make a huge impact on your session and surfing new places is part of the lure; I guess the grass is always greener around the next bend so to speak.

Part of being a surfer is exploration, whether it be in your own region, nationally or overseas. I took exploration to an extreme, travelling every nook and cove in my state as well as chasing dreams of surfing Nirvana internationally – in hopes of discovering the world's best longboard wave. Although I stumbled upon many perfect point breaks, it's safe to say that I gained more from experiencing different cultures and rich landscapes, than I ever did from the actually wave riding.

Riding waves is an exercise that connects us with the Earth's energy and nature. Moving to Victoria as an adult, I found this connection was enhanced by the wild conditions. Surfing became a best friend, a place to go when I was sad or angry and is where I can always feel a sense of belonging and home.

What have been some of your career highlights? And have you had any

memorable surf experiences in NZ?

I used to compete on a longboard, having placed 3rd in the women's world championships as well as 1st in Australia's professional circuit in the 2000s. I quickly learnt though, that my passion and connection for surfing went far beyond any competition and, in fact, that the criteria required for a successful competition surfer went against my nature. I feel that surfing is an expression, not something to be placed in a box.

I have travelled to New Zealand three times – all trips to the North Island camping and chasing surf. I loved every moment I spent in Taranaki, a beautiful landscape with a variety of wave options, and dominated by a snow-capped mountain. For the first time in my life, I recall that looking toward shore was far more breathtaking than looking out to sea! The rolling hills and endless coves made for some audacious experiences, too – crossing cow paddocks, slipping in paddies, and entering the surf covered in cow dung! The lefts were good, so it was well worth the temporary unpleasant smell.

I'm excited to get over there and back in the water soon as possible, hopefully catching a few waves with the talented longboarder Willow McBride. I'm also inspired by Jay Emerre Ryan and

shortboarders Brie Bennet and Ava Henderson.

Earlier this year you took a trip to The Solomon Islands (which you wrote about for Patagonia New Zealand's Roaring Journals blog). What was the aim of this trip and what did you take away from it?

This trip was to assist SurfAid – a humanitarian organisation aimed at giving back to areas to which surfers travel – with their latest health program, which focuses on reducing cervical cancer among women in The Solomon Islands.

Travelling to the far reaches of Santa Isabel Island, I began to notice all the 'sunken islands' caused by rising sea levels and erosion caused by climate change. I also witnessed that the locals lived a minimalistic lifestyle, rich in love and happiness, but also one with an extremely small carbon footprint. The people who were putting the least pressure on our climate are the ones suffering the highest consequences.

I realised that all our actions no matter how far away affect people and places in ways we couldn't comprehend from our city society. The impacts of climate change are being experienced now and the urgency to act, both as an individual and as a nation, is greater than ever.

"Why not do all we can to make this world a better place and leave a legacy that we're proud of?"

You've have been very active in the Fight for The Bight, co-produced the film South Fish about seismic testing off the NSW Coast, and fought oil and gas exploration in other areas of Australia. Why are you so passionate about going head-to-head with big oil and industry? I'm dedicated to these causes because I want my child to have a safe and healthy future. From the threat of what an oil spill could do to our coast to the increasing warming of our planet, fossil fuels are to blame. We're rapidly approaching a tipping point, one from which it will be nearly impossible to return. The solutions to these problems already exist, it's just a matter of shifting our money to invest in them.

We need to stop releasing emissions into the atmosphere; the burning of coal, oil and gas are methods that needs to be left in the past. We have better renewable technology now. Disturbingly, most of the licences that operational mines and fields allow them to keep extracting decades into the future, seeing us past this 'tipping point' phase where we have an opportunity to transition. Governments and big business aren't changing their policies quick enough. They are valuing money over life on this planet, the lives of our children and grandchildren and not just humans but all other animals too. This is not a decision a few should make for the many, especially when we have alternatives.

Your activism spans beyond the surf, including to the Stop Adani campaign, opposing forest clearing in Manyana, which were devastated by Australia's summer bushfires, as well as logging in Tasmania's takayna/The Tarkine, and the recent solidarity paddle outs with @blackgirlssurf to promote inclusion in the outdoors. What draws you to be involved in this wide range of causes? Because I feel this is what's right. Lifelines of nature and old growth forests shouldn't be cleared. A mine that sucks dry ground water, trashes indigenous land rights, and wrecks our climate shouldn't be allowed when we now know better.

Watching injustices and discrimination of others, due to the colour of their skin or how they look, is unacceptable. I want my son to live in a safe, fair and just world full of kindness and compassion for all living things.

Why not do all we can to make this world a better place and leave a legacy that we're proud of?

Do you ever get burnt out by all your activism work in addition to the physical demands of surfing, or feel overwhelmed by the enormity of some of the issues you are trying to tackle? Yes, quite often. But surfing always empowers me to push a bit more. Surfing is physically tiring but it has a magical ability of washing away all emotional and mental stress, re-centring your thoughts.

The more I witness the continuing issues develop, the more it spurs me to do something more because if I don't try, if we all don't try, these problems that affect us all will only continue getting worst. Governments exist for us: the people. Businesses supply and profit from us: the people. It's time we demand – through positive, solutions-based, non-violent actions – how we want to live and determine our own future.

What's more the surf industry, like other 'outdoor' pursuits, continue to be dominated by men. What has your experience as a woman been like in this space, and do you see things improving? [laughs] Yeah, the surf industry is very male dominated. Though, over my 20+ years as a surfer, things have changed. When I was learning I was always the only girl out, now I'm often surrounded by wonderful women surfers of all ages, sometimes even out-numbering the men!

The ocean knows no gender (or race and status) and rewards those who are most connected with their movements. This is what my personal journey as a female surfer has been based upon – letting the ocean take over and guide my wave riding, letting it enhance my femininity.

Perhaps, in my lifetime, the surf industry will continue to be male dominated, but away from the magazines, offices, stores... out in the line-up, things are different. I let my female energy empower my movements and that's what surfing is to me, and to many of my friends.

What's one thing you know now, that you wish you knew when you were starting out in both surfing, and

environmental activism? In the water: kindness. I spent years of my surfing life not considering other peoples' situations and taking too many waves for myself. After experiencing some hard times myself, I now like to see others take waves and think that maybe that's something helping them through. Who knows? But being kind is key!

I also wish I knew that the I was the one that I was waiting for. For years I was always waiting for someone to follow, scared that I may not have been knowledgeable enough to have a valid opinion, or worried people would laugh at me. Finally, I couldn't wait any longer and to this day have had more confidence to speak out for the betterment of the planet, no matter what!

Can you please leave us with a couple of things our readers can do to support a healthier planet and more inclusive outdoor space for all? For both environmental and social issues I'd suggest starting with education. Seek information and be aware of what's happening in your local area. Environmental justice can never be reached without social justice. Learn the indigenous history and culture of your area and embrace those teachings. Teach our children the true meaning of equality and recognise how our privilege has helped us get to a point where we can practice adventure sports. Be inclusive, even if it means going out of your way. Donate money and gear if you can spare it.

You can also join your local non-profit organisations, and make sure you make an extra effort to sign their petitions and attend events. At the same time, take individual actions of reducing your carbon footprint (the easiest way to make a big impact without too much effort is looking at where our money is placed – banking, super fund, insurance... – ensuring these institutions don't invest in fossil fuels and if they do, switch. Other ways are to: eat local and minimise meat and dairy; stop purchasing fast fashion; cut transport emissions by cycling, taking public transport or carpooling; choosing renewable power options; and always voting for the planet!



“The ocean knows no gender (or race and status) and rewards those who are most connected with their movements.”

Belinda Baggs, Patagonia Global Sports Activist.

I've spent many months roaming the local fishing villages and deserted coastlines of The Philippines. This beautiful cobblestone beach with clear blue water was a treasure on a long journey.

Chasing Waterfalls

The call of the Wild Wire

Words and images by Lynne and Steve Dickinson

“The cuts from the bracken were starting to sting, and I was beginning to lose my grip on the sheer bank. As Mark held my feet in place with his hands, I took a last leap of faith and launched myself upwards towards the sole cabbage tree that had managed to take hold on a tiny ledge beside the waterfall. With my arms wrapped around the tree, I heard my husband’s enthusiastic voice. “So, what do you think? Should we do it?”

Laurel told us the story of how their dream of developing NZ first waterfall via ferrata became a reality, as we made our way to the practice area of Wild Wire.

The story goes something like this. Laurel, a glaciologist from Canada, met her adventuring Kiwi husband, Mark on a trip to Antarctica. She was doing her masters in glaciology and Mark was working for Antarctica New Zealand as a safety guide and got to travel with Sir Edmund Hillary’s entourage when he came to the ice to commemorate his South Pole expedition. Their mutual love and appreciation of the outdoors, in particular, rock climbing, led them to the idea of developing a via ferrata in their now hometown of Wanaka and Mark had found the perfect place, Twin Falls.

Twin Falls are two side by side waterfalls that cascade 450m vertically down through canyons and crevasses on the outskirts of Mt Aspiring National Park, 20 minutes from Wanaka. Although visible from the road, it was while Mark was abseiling the multi-pitched falls that he realized it would be perfect for a via ferrata. So, he took Lauren “bush crashing” to show her the spot and their dream became a reality.

Laurel explained via ferrata translates literally to mean via (as in direction) and ferrata (iron), so it translates to the iron road. The iron, in this case, is the bolts and footholds (over 2000 of them) placed on the cliff face to enable almost anyone with a thirst for adventure the chance to experience what it’s like to climb a rockface.

Protected climbing routes and paths have been used for centuries with villages in the Alps using them to connect each other to their high pastures. In WW1 they were used to help transport troops across steep mountain ranges. As Laurel explains, “the modern via ferrata typically involves a steel cable with runs along a route and is periodically fixed to the rock. This allows climbers to secure themselves to the cable and climb using iron rungs, pegs, bridges and ladder. This allows those with no climbing experience to reach remote locations and enjoy places and sights that they might not otherwise be able to experience.”

Our group spanned a 30+ age bracket, and our levels of rock-climbing experience ranged from those with



Above: Our trusted guide and co-founder of Wild Wire, Laurel Morrison teaching Megan to trust her equipment while there was still not too much “air beneath her feet”.

Right: Stopping for a photo opportunity on the 3 wire bridge as the rest of the team continues climbing.

none at all, to those who had done a ‘bit’ of climbing 30 years previously. We also seemed to have the full range of height fears covered too, from the overly confident to the ‘shit scared standing on a stool’ and everything in between, so this was going to be a good test as to whether it would appeal to us all.

Overall there are over 2600 rungs at Wild Wire, and over 1000+ meters of cable. There are 7 bridges, and 2 wire bridges. Wild Wire offers three levels of climbs:

Level 1, “Go Wild” takes you to the top of the first waterfall, crossing 4 bridges, 150 vertical meters above the start point, and takes around 3 hours to complete (approx. 1 hour of climbing).


Level 2, “Wild Thing” carries on another 170 vertical meters further and takes approximately 5 hours adding in another two bridges and a 3-wire bridge with a 60m drop below. (approx. 3 hours climbing).

Level 3, “Lord of the Rungs” is for the more experienced and takes you to the very top of the waterfall, 450 vertical meters above the ground over all 7 bridges and 2 wire bridges and finishes with a helicopter ride back down to the beginning.





Don't be chasing
waterfalls."

A group of four people are climbing a rope bridge on a steep, grey rock face. The bridge is made of a single wooden plank supported by ropes. The climbers are wearing helmets and harnesses. The background shows a vast valley with green fields, a winding river, and distant mountains under a cloudy sky.

Looking up from the bottom, it seemed impossible to think it would take over 3 hours of actual climbing to reach our destination. Still, as Laurel explained, that although it may only be 320 vertical metres to the end of the level 2 experience, there were over 750m of climbing needed to reach that point and looks can be deceptive.

After a briefing at the practice boulder, we set out on our climb. Safety was obviously high on the list, and unlike other, via ferrata we had been on, Wild Wire had added a third carabiner called a shorty, that you clipped in whenever moving your main crab claws (one at a time) so you were always linked to the wire by either three clips or two. Also, we found throughout the day that the layout of the rungs was challenging enough for us all without being too daunting. What first impressed me was that it was all on within minutes of leaving the start point. We were clipped into the line, and before long, we were hanging off the side of a sheer cliff, climbing our way towards the first bridge.

Those in our group who knew that "fear was a factor" for them, gained confidence on those early pitches. Laurel encouraged them to test the safety of their equipment while they were still close to the ground by sitting back in their harness and relying on the carabiners and safety ropes to hold them in place. For anyone slightly scared of heights, this goes against all instincts, but it was incredible watching the faces of my friends as they realized they could really do this. As the climb increased and the distance underneath our feet increased too, the solid metal rungs gave everyone the reassurance they needed.

We joined Laurel in crossing the newly placed bridge. From here you can see towards Rocky Mountain, and Lake Wanaka. To the right is the back side of the famous Roy's Peak. To the left the big braided river is the Matukituki, which drains Mt Aspiring...



Above: Steve, our trusted photographer and sole "bloke" on our climb.

Left: Traversing away from the waterfall, Laurel trusts her gear to hold her firmly in place, whilst Steve somehow manages to take photos on the sheer cliff.

As we climbed through the hidden pools and over suspension bridges, we stopped numerous times to take photos. Never far from the cascading waterfall, you found yourself transfixed by the noise and the spray and exhilarated by being a long way off the ground, or with "plenty of air under your feet" as Laurel would say. I found myself singing Prince's song as we made our way up the rock; the simple act of climbing a waterfall made you happy.

*"Don't go chasing waterfalls.
Please stick to the rivers and the lakes that you're used to
I know that you're gonna have it your way or nothing at all.
But I think you're moving too fast."*

But we were never really moving too fast! We were constantly stopping to take pictures. After approximately an hour of climbing, Laurel pointed out the exit point for level one. I was surprised by how much you would get to see and experience just completing this level. However, we were destined for higher things, and after a short break, we continued upwards.

Although I know we were safely clipped in at all times and the rungs offered us a huge advantage that most rock-climbers don't have, it still felt like we were really climbing. The higher we climbed the more challenging the experience became. As we continued Laurel encouraged us to use the rungs as much or as little as we liked and the more experienced could still enjoy the climb as a result.

My only regret is that it came to an end, before having the experience I would have thought you could do it once and it would be ticked off your bucket list. That is not the case, and it was so much fun; it was such a fantastic mixture of adrenaline, the environmental and challenge that I would go again next week.

We are fortunate we get to have a lot of these types of adventure-based experiences, and we have done them in some of the most amazing places on earth. But this would absolutely be at the top of my list – I loved it; everything from location and challenge to being Kiwi owned and operated. If you do not do anything else while the borders are closed, make sure you 'go chasing waterfalls' – with Wild Wire.

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The Defender

I'll be the first one to put my hand up and say, "I don't know anything about cars". Don't get me wrong, I can drive (but to be fair I am not very good at parallel parking), but there is no 'petrol flowing through my veins'. I do not go all tingly at the sound of a revved engine and am not really impressed by the screech of tyres as the lights go green. A good indication of my level of car enthusiasm is that one of our company cars is a Toyota Isis – that is right, like the terrorist group. So when I tell you that the new Land Rover, The Defender is pretty cool, you know how far it has had to go to impress me. My first comment after driving it up muddy banks, through rivers, over what seemed to be impossible cliff-faces was that it was 'like flying a spaceship'. There are bells and whistles on the bells and whistles. There are cameras and indicators and flashing lights for it seems, every occasion. Everything about this vehicle boasts of great design merged with functionality. It is simply classy.

At Kauri Bay Boomrock near Clevedon, which overlooks Kauri Bay towards Waiheke, there is some serious space so that the new Defender Series could be put through its paces. I had been to one of these days in the past and kind of knew what to expect. On the first time around the muddy, steep, water saturated circuit you are a little nervous. It is not a cheap car and your bank balance would not like it if you caused an issues, however once you

have been around the circuit and once you have worked out what the car can do, your confidence takes hold and you can really start to push the boundaries.

It is very unnerving on a very steep slope facing straight downhill towards a pond at the bottom, and the instructor twiddles with a small dial on the steering wheel and says, 'Ok now quickly take your foot off the brake'. He did not say shut your eyes, but I did that anyway. Instead of the brand-new Land Rover hurtling down the bank to a watery conclusion, it simply drove itself, slowly down the steep grade and into the water – without me doing anything.

The vehicle is nothing short of amazing; it tells you if your wheels are pointing the wrong way, which you might feel is obvious but when rim-deep in mud it's really handy, it also visually lets you know what wheels are off the ground, which wheels are in four-wheel drive. You can click a button to choose what type of terrain you will be going over and the car automatically adjusts. There is a camera showing you exactly what the ground looks like under the wheels; it even has wading mode for the inevitable river crossing (it has a ground clearance of 291mm – read that on the brochure!) The car is so smart that at over 80kms it lowers itself from off-road mode to normal.

It has 'independent double wishbone and multilink suspension with cross

-linking', which is layman's terms means it knows how to stick on the ground regardless of the terrain. If you want a complete list of all the bells and whistles, if you're that car techie nerdy type who needs to know the fuel capacity and turning clearance you can read up about it here www.landrover.co.nz/vehicles-defender.

The Defender also comes with a range of 'packs'. Explorer, Urban, Country and of course Adventure, each designed to make the vehicle even more appropriate for its owner use. For example this is what comes with the Adventure pack: *"Everything you need to head off the beaten track. The Adventure Pack includes front and rear mud flaps, spare wheel cover, bright rear scuff plate, portable rinse system, integrated air compressor, exterior side mounted gear carrier and seat backpack."* How many cars come with a portable rinsing system!

The people at Land Rover explained and repeated that it was such a difficult step to recreate The Defender because it is such an historic flagship of the company. Land Rover has always been an icon for class and performance. This new vehicle takes that prowess to a new level.

If like me and you are sold on the Defender, you can chat to the good people at www.landrover.co.nz/retailer-locator about getting your own one.



Dark Tourism

Exploring the Post-Apocalypse

By Lara Lee - Images by Thierry Vanhuysse and Serega Strang

Travels in the Chernobyl Exclusion Zone raise broader questions about humanity's appetite for risk and the appeal of "dark tourism."

Three decades ago, Chernobyl was the site of one of the biggest nuclear disasters in history. Today, it is becoming a destination for adventurers and explorers.

The tension between those two facts is what struck me when I first visited the Chernobyl Exclusion Zone, the 30-km radius around the Chernobyl power plant that was evacuated in the wake of the explosion. At the time I made my trip, in 2017, I had no intention of creating a film about my experience. However, what I found in the zone—a burgeoning culture of adventure tourism at the spot of a deadly historical event—captivated me. And it eventually became the basis of my documentary, *Stalking Chernobyl: Exploration After Apocalypse*. Some thirty years after the nuclear disaster, forests and wildlife have taken over again in places that humans abandoned. And people, too, have started to return. Some are thrill seekers. Some are artists. Some are scientists. I wanted to document what they are finding in the Exclusion Zone and their fascination with the post-apocalyptic. Of course, hanging over all this are critical environmental and human rights concerns, related to humanity's appetite for risk and propensity for self-destruction. Under the surface of a film about adventure travel, I wanted to probe these issues.

Is It Worth the Risk?

Since the film's premiere in March, I have hosted a number of virtual discussions about *Stalking Chernobyl*. One of the most common questions that I've heard during these events is, "Is the Exclusion Zone really safe?" It's a straightforward inquiry, but the answer varies greatly depending on who you ask. Different experts have wildly different views.

"It is the luck of the draw to an extent," says Cindy Folkers, a radiation and health specialist at Beyond Nuclear, an organization that aims to educate and activate the public about the connections between nuclear power and nuclear weapons and the need to abandon both

Lara Lee is an activist, filmmaker, and founder/director of the Cultures of Resistance Network, an organization that promotes global solidarity and supports agitators, educators, and artists around the world. For a limited time, *Stalking Chernobyl* is streaming for free online and can be viewed at culturesofresistancefilms.com.



to safeguard our future. "Are you careful with your clothing and aware of any particles that may attach themselves? Are you breathing in dust? Are you there during a fire? Do you have the proper monitoring equipment? Are you eating food there? There are many protocols that you have to follow to maintain safety and even then you may not be able to control all of the pathways contamination will use to travel to your body."

Folkers warns about the long-term consequences of radiation exposure, such as birth defects, and argues that the invisibility of the danger makes the adventure all the more thrilling—and dangerous. "If radiation were colored red, people could understand the danger they are walking into. But because we only have inadequate equipment to measure, we don't grasp the full danger.... So you combine the fascination of a once-vibrant place that is now a hollowed-out abandoned ghost town, with the false sense of security offered by inadequate measuring equipment, and you end up with a lot of untrained people putting themselves, and others they may contact outside the zone, at risk. This is bound to happen when the risk is virtually invisible."

But for the stalkers who explore the Zone, that risk is worth taking. For its part, the government has slowly begun loosening restrictions. In 2011, more than two decades years after the explosion, the Ukrainian government sanctioned official tours to the Exclusion Zone, as well as to Pripyat, a village 3km away from the Chernobyl Nuclear Power Plant that was evacuated after the explosion. Officials, however, continue to frown upon those who do not bother with licenses and assert their right to explore freely.

The Ethics of "Dark Tourism"

Beyond raising questions about the safety of visiting the Chernobyl Exclusion Zone, the film touches on a debate around what is called "dark tourism." Simply put, the question is, "Should we turn the sites of deadly disasters into destinations for international pilgrimage?"

In 2019, Washington Post reporter Hannah Sampson outlined the issue. "Dark tourism refers to visiting places where some of the darkest events of human history have unfolded," she wrote. "That can include genocide, assassination, incarceration, ethnic cleansing, war or disaster — either natural or accidental. Some might associate the idea with ghost stories and scares, but those who study the practice say it's unrelated to fear or supernatural elements." Besides Chernobyl, other sites of dark tourism include Auschwitz, Gettysburg, the site of the Kennedy assassination, and the 9/11 Memorial in New York.

"We've just got this cultural fascination with the darker side of history; most history is dark," Philip Stone, executive director of the Institute for Dark Tourism Research at the University of Central Lancashire, told the Post. "I think when we go to these places, we see not strangers, but often we see ourselves and perhaps what we might do in those circumstances."





"For me, the unique thing in the Chernobyl Zone is that no one has tried to stop time from passing there – and with time, nature takes back its territory."

But for stalkers such as Oleg Shalashov, who served as the production coordinator for my documentary, the site is less about remembrance of disaster and more about what the place has become. "For me, the unique thing in the Chernobyl Zone is that no one has tried to stop time from passing there—and with time, nature takes back its territory," he says. "It is a place where you can behold how nature recovers from radioactive pollution. 'Let's leave death for dead' and watch an example of what will happen after us."

In my filmmaking, I try to let people express their own views, even when they vary widely. As I walked in the Chernobyl Exclusion Zone, with abandoned smokestacks and radio towers looming on the horizon, it seemed as if the ghosts of the tragedy hung in the air. I asked the adventurers with me if they felt them too. My hope is that viewers will watch the film and decide for themselves about the answers.

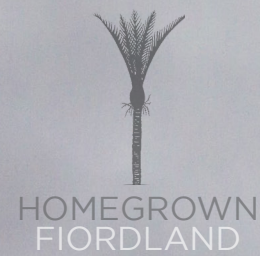
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*Kepler Track
Image by Samuel Goirt*





Hiking

By Madeleine Peacock
[Destination Fiordland](#)

In the late 1800's the route between Piopiotahi Milford Sound and the head of Lake Te Anau was re-discovered by the two intrepid explorers Quintin McKinnon and Donald Sutherland. The trail was subsequently developed into what we now know as the Milford Track. It took only a matter of years for this walk to be hailed internationally as "The Finest Walk in the World". Over 100 years on and the Milford Track still holds its own as an internationally recognized hiking trail.

Of course, for hundreds of years before then the route was known to Maori as a pathway for transporting takiwai, a unique form of pounamu greenstone from Piopiotahi Milford Sound inland so it could be traded. Having walked this track several times and having been exposed to the elements and ailments you can experience I am in awe of the human spirit that took on the exploration of places such as Fiordland.

Fiordland was designated as a National Park in 1952. It covers about 12,000 square kilometres and is one of the largest National Parks in the world – larger than Yellowstone and Yosemite combined. Interestingly the adventures that beckon many to these northern hemisphere destinations can be found in Fiordland. There is something for every level of adventurer from those who aspire to scale big walls to those who have never set foot in the wild. Fiordland is as safe, accessible and comfortable as you want it to be.

Tramping

New Zealand has nine Great Walks, three of these are found in Fiordland; the Routeburn Track, Kepler Track and Milford Track. And in 2021 we will welcome the Hump Ridge Track to our 'fleet' of Great Walks. Great Walks are immensely popular with international visitors as they provide a degree of reduced risk associated with back country adventuring. But with international visitors being scarce for the time being there has never been a better time to head to Fiordland and see why it is described as the "Walking Capital of the World".



Milford Track - Image by Mac Gaither

Milford Track

I first walked the Milford Track when I was ten years old. It was a birthday present from my parents. I walked it with my dad who was managing the track for the Department of Conservation at the time. Being a child of Fiordland, even at that young age I knew that there was something special and significant about the Milford Track. I would go into those mountains and I would test my ten-year-old self against mother nature. But best of all, I would go with dad. Four whole days away with my hero in what I was sure was the greatest place on earth.

There was no special treatment for this little person. I carried my own pack, sleeping bag, clothes. We stayed in the warden's quarters at the three huts - Clinton, Mintaro and Dumlping. I walked the full 53.5 km of the Milford Track in my flimsy cotton shoes, along the "gin clear" Clinton River spotting trout, up and over the Mackinnon Pass, down the Arthur Valley, pack on back, keeping stride with dad. Stopping for chocolate breaks along the way.

With the right preparation and equipment, the Milford Track is a great walk (excuse the pun) for families that have had some experience in the New Zealand outdoors. It is a multi-day hike, with walking times ranging from 2 hours on the first day to about 6 hours on the last day – of course allowing longer for little legs. The track is well formed as Great Walks are but there are still some rough walking conditions in places.

Be prepared for rain! Milford Sound can receive up to 9 metres of rain a year (Auckland gets about 1.3m/ year). Good raincoats are essential, as are good hiking boots, a sturdy pack and bug spray for the notorious Namu, sandfly.

On all the Great Walks if you choose to do it independently you will need to carry your own sleeping bag, food, cooking utensils (gas hobs are provided during the Great Walk season) and clothing. Nothing beats the comradery that you find in a tramping hut. I have always experienced a culture of sharing

stories, food and space. There is always someone to help if you find yourself with a broken boot lace or a bad blister. And although there are no showers, there are a couple of lovely rivers to swim in.

Alternatively, you can take the guided option which has the advantage of carrying less, hot showers at the end of the day, home cooked meals, and a well-stocked bar. This is certainly an attractive way to tramp the Milford Track and having done it twice I can highly recommend it.

Either way, spend a night or two in Te Anau preparing for your walk before taking one of several boat transport options to the head of Lake Te Anau. On the last day you will be picked up by boat again and transported the short distance to Milford Sound. From there you can stay the night in Milford Sound or head back to Te Anau for another night or two of relaxation and recovery. And from there you may wish to take on the Kepler and Routeburn Tracks!




Above: The spectacular Sutherland Falls, only accessible from the Milford Track
Image by Samuel Ferrara




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Two other good options for keen kiwi families. Both have a mix of alpine and valley walking, providing stunning mountain views as well as forest immersion.



The Kepler Track

The Kepler Track is a 2-3 night independent walk. There are also two campsites on the track. To access the Kepler Track all you need to do is roll out of bed after spending a night in Te Anau, put on your pack and follow the lakeside trail. There are shuttles and water taxis which can help take some time off your walk. Views from Luxmore Hut are perhaps the best of any I have seen in New Zealand – absolutely worth getting up there even if only for a day walk. It is well worth the grunt! Speaking of grunt, the first weekend in December every year sees hundreds of people come from all over New Zealand and further afield taking part in the Kepler Challenge or Luxmore Grunt running races. And although it typically takes 3-4 days to walk, the record for running the Kepler Track in the Kepler Challenge is 4 hours 33 minutes!

Note: at time of writing (July 2020) the Milford and Routeburn Tracks were not yet open for bookings. Both Tracks experienced significant damage in the February 2020 flooding event. It is the writer's understanding that these Tracks will be open for end-to-end walking by summer 2020 however timeframes are not yet clear. Stay updated on the DOC website.

*Above: Kepler Track
Image by Paul Huisman*

*Right: The Routeburn
Image by Alistair Mackenzie*



The Routeburn Track

The Routeburn Track is much shorter than the Kepler and Milford Tracks and some keen-beans run it in a day. But it is perhaps more enjoyable taken at a walking pace. There are four huts, but it can be comfortably done in two nights. There are also campsites if you wish to tent. There is a guided option on the Routeburn Track. Logistically the Routeburn Track is a little trickier as it goes from the Divide on the Milford Road (access from Te Anau) to Routeburn Shelter (access from Glenorchy). There are companies that take the bother out of it with transport or vehicle transfers.



Other tramps

If you prefer to stay away from the Great Walks for a more back-country experience the options are endless. For those interested in multi-day back-country tramping there is the Dusky Track and George Sound Track. Neither of these should be underestimated – there is a reason they are not Great Walks! They are less accessible – hence being back-country, not as well maintained and huts are not to the same standard. All of these should be a plus for the more outgoing trumper. There are no booking systems for these huts so it is first come first served and if you do not get a bed you should be prepared to camp out or sleep on the floor. Always carry a locator beacon in the back-country, it is socially unacceptable not to.

Perhaps my favourite multi-day Fiordland tramp is the Hollyford Track. It may have something to do with being named after one of the mountains that adorns the way but it may also be the stunning Whakatipu Katuka Hollyford River, or moody Martins Bay, or perhaps the ancient podocarp forests, but there is something special about the Hollyford Track. Unfortunately, the Hollyford Track is becoming less accessible every year with aircraft landings being less frequent at Martins Bay and road access to the track end being cut off by the February flooding. But if you have the budget for a helicopter flight (a scenic flight in the Southern Alps is a must anyway!), or a guided walk then this tramp is worth pursuing.

Day and overnight trips options: Kiwiburn Hut, Green Lake, Back Valley, Takitimu Mountain walks

For more information check out: www.fiordland.org.nz

*Hump Ridge Track
Image by M Hamilton*



*The Hollyford Track
Image by M Groshinski - compliments fiordland.org.nz*

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Climbing

If you type in Fiordland to the Climb NZ website, it will list over 700 climbing routes amongst the mountains and valleys of the Fiordland area.

Alpine rock climbing, sport climbing, technical ice climbing, mountaineering, between other ways of going up the mountain can be done in Fiordland, the rock is predominant granite, that means is one of the best rock qualities that climbers are looking for.

Darran Mountains:

The Darren Mountains, more specific at Claddau Valley is the home of 3 of the best walls in the country for sport climbing. Babylon and Little Babylon, where climbers can find the hardest and most technical routes in NZ, where any top level athletes can challenge themselves and push their limits. Medium level and beginners can also enjoy of the low level routes in The Chasm wall.

Borland Valley:

Borland Valley has been developed for sport climbing in the recent years, now offering a good number of routes and good quality climbing. The access is closed in winter but the summer season its a great place to get out and explore

Wick Mountains:

Nestled between the Arthur, Cleddau and Clinton Valleys the Wick Mountains offer a wealth of classic rock routes on course grained diorite rock. The peaks near the Homer Saddle make routes accessible as day climbs from the Homer Hut.

Hollyford Valley:

The mountains surrounding the upper Hollyford Valley were the first to be climbed extensively due to their proximity to the Homer Hut and the Milford Road. There are numerous ridge climbs in the region and a couple of classic traverses which have been popular for climbers on a fine day.

Earl Mountains:

Closer to Te Anau, the Earl Mountain region can be seen along the western edge of the Eglington Valley. With its location being east of the divide, these ranges receive considerably less rainfall and the rock tends to be more fractured. Access is via Hut Creek and Mistake Creek and are clearly marked by a sign at the car park on the west side of the Milford Road.

Milford Sounds:

The spectacular scenery and the fact that most climbing is above the water makes climbing in the Milford Sound a unique experience found nowhere else in New Zealand. Access to climbs is by boat so check out Rosco's Sea Kayaks for kayak hire or their water taxi service.



Biking

Although you are not permitted to get your two wheels peddling on the walking tracks within Fiordland National Park, there are still plenty of places to bike.

Borland Road and Mercy Pass

One way trip for skilled experience riders in fine conditions. This route is the furthest you can get your mountain bike into Fiordland National Park and allows great views with side trips along the way. The route is challenging as it leads the more adventurous over the mercy Pass to West Arm, Lake Manapouri. The Borland Road is unsealed and narrow and steep in places. It is also subject to slips and washouts, snow, ice and high winds.

Milford Road

The 120km road from Te Anau out to Milford Sounds offers incredible views with plenty of places to camp along the way. Take care in summers as traffic along this road can be heavy, so take care.

Hollyford Valley

This scenic road follows the Hollyford River for approx. 16km. Plenty of places to camp as well as side trips for short walks. The valley is accessible via the Milford Road. The scenery is dramatic, ranging from glacier-carved mountains to beautiful riverside forests.

Te Anau to Upukerora River

The 8km return trip follows the lakeside out to the boat harbour at Bluegum point and continues around the lakefront and past the rodeo grounds to Upukerora River. You can return the same way (3hr return trip) or follow the gravel road alongside the river to the Te Anau – Milford highway and follow this back into town. If biking in the summer, be aware of heavy traffic on the Milford Road.

Icon Wilson Park

Located in Te Anau this 35 hectare park offers great views of the Fiordland mountains and features an 8km single track circuit with easy-medium technical sections, some of which are suitable for families.

Lake to Lake Track

The Lake2Lake Cycle Trail offers some beautiful grade 2 biking between Lakes Te Anau and Manapouri. Don't let 'grade 2' put you off if you're looking for a good work out – the distance and regular hills will give you what you're looking for! Try hiring a bike or e-bike from Te Anau.

*Above: Biking in Fiordland
Above right: Biking around Lake Te Anau*

TAKE TIME OUT IN TE ANAU



BEYOND BELIEF
FIORDLAND
www.fiordland.org.nz



Let it rain

There are not a lot of places in the world where you hope it rains while you are visiting. Fiordland is one of those places. Until you have seen the cascading waterfalls that flood into the Sounds after rain there is no way to explain it. Even on a dry day it is spectacular but when it rains it is like someone created it for a movie. (actually it has been in quite a few) The Lord of the Rings trilogy, X-Men Origins: Wolverine, Jurassic Park: The Lost World, Alien: Covenant just to mention a few!

Fiordland offers so much in terms of water activity; kayaking, fishing, cruising diving, sailing, jet boating, swimming... the list goes on.

Kayaking

Fiordland is renowned for its incredible areas for kayaking; including Doubtful Sound, Milford Sound as well as numerous lakes and rivers.



Sea Kayaking, Doubtful Sounds
Image by Rob Suisted, compliments of Fiordland.org.nz



Packrafting Lake Manapouri - Image by Martin Sliva

Lake Te Anau – lakeshore

Lake Te Anau is a great option for day kayaking with the family. Link up with walks on the Kepler Track, e.g. Brod Bay. Access is from the beach and lakefront.

Lake Te Anau – North Fiord (16 km)

This section of the lake can be very rough. There is good camping at the entrance to the fiord and at The Narrows further down, or stay at the Glaisnock Hut at the end of the fiord. Access to the lake is from Te Anau Downs (30 km north of Te Anau).

Lake Te Anau – Middle Fiord (20 km)

This section of the lake can be very rough, but also offers sheltered bays and islands, and the Junction Burn Hut in South West Arm. More experienced parties may enjoy the adventure of going to George Sound via a 45 min kayak portage from North West Arm to Lake Hankinson (difficult terrain), then a walk on the George Sound Route. No access or camping permitted in the Murchison Mountains (special takahē area) including the southern side of Middle Fiord. The best access to the lake is from Te Anau Downs (30 km north of Te Anau).

Lake Te Anau – South Arm (22 km)

There are walking tracks to the Hidden Lakes and lookout point, a jetty at Mussel Cove. No access or camping permitted in the Murchison Mountains (special takahē area) including the northern side of South Fiord.

Lake Manapouri

Scenic, wild beauty with sheltered islands, beautiful beaches, and good walking options accessible from shore. Access to the water is at Pearl Harbour, Manapouri.

Places for sea kayaking

While challenging to access the sea around Fiordland, sea kayaking here is highly rewarding for the more skilled and adventurous. The most accessible areas are listed here, or you can go further afield by air or large boat transport. There are also loads of guided options as well.

Milford Sound (18 km)

Milford Sound is a very steep sided fiord with striking beauty, but busy with boat traffic. The southern side is more sheltered from the prevailing westerly winds, in particular the afternoon day breeze during summer. For camping there are two spots – Harrison Cove and Anita Bay. Access is by boat ramp off Deepwater Basin Road in Milford Sound.

Doubtful Sound (38 km)

Quiet, wild, isolated beauty. The southern side is more sheltered from the prevailing westerly winds. Numerous camp spots including Hall Arm. Huts include Deas Cove Hut (Thompson Sound) and The Gut Hut (Doubtful Sound). Access this fiord by crossing Lake Manapouri, travelling over Wilmot Pass (see Transport Services in Fiordland) to Deep Cove.

There is also some great river kayaking to be found in Fiordland.

Upper Waiau River - between Lake Te Anau and Manapouri and the Hollyford River - access off Hollyford Road. For more details on river kayaking see 'New Zealand White Water' by Graeme Charles, available from the Fiordland National Park Visitor Centre.

Guided sea-kayaking trips (one day or overnight) are available on the fiords, Doubtful Sound/Patea and Milford Sound/Piopiotahi, or on lakes and rivers by arrangement with local guiding companies.

For experienced paddlers there are kayaks for hire on Lake Te Anau and Lake Manapouri. Kayaks are not available for hire in the fiords due to challenging conditions.

Another great option is packrafting. Rugged and spectacular but with few roads, the easiest way to reach remote Fiordland is by use of its rivers, lakes, and sounds. Packrafts allow you to connect these features; simply carry your boat on your back to create incredible backcountry experiences. You can do this on your own or with a company like Packrafting New Zealand. From day outings to overnights to week long expeditions, here are a few trips hand-picked by locals to showcase the best the region has to offer.

Packrafting

Packrafting New Zealand is NZ's most experienced packrafting company. Born in Queenstown in 2013, we followed our nose for adventure and moved to Fiordland in 2016, where we now offer guided expeditions through the most pristine wilderness imaginable. Come join us on one of our signature trips.

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To find out more or to book your trip, get in touch at www.packraftingnz.com
The most experienced and longest operating Packrafting company in NZ!

Fishing

Fiordland captures everything a fisherman (or woman) could want; from the deep blue ocean surrounding the coast, to the vast interior waters of the Milford Sounds, Doubtful Sounds and Breaksea Sounds. There are a few marine restrictions within the Sounds, however the continental deep-water shelf is less than a kilometre offshore in some places. The region is renowned for its Hapuka (groper), kingfish and blue cod if you have a taste for saltwater fishing you will find it here in abundance. If want to head out to sea there are numerous charter boats and guides just waiting for your call.

Fiordland is possibly one of the best trout fishing areas in New Zealand and the Waiau River boast the most fish per kilometre of any water in New Zealand (of so we were told). The region is an angler's utopia for trout fishing both browns and rainbows.

Fiordland's rivers and lakes are well-stocked with brown and rainbow trout, and there is some great fishing in Lake Te Anau and Lake Manapouri, either by boat or from the shore, and in the legendary river Waiau that connects the two lakes. The other local rivers such as the Upukerora, which flows into Lake Te Anau just a short way north of the town. Average trout sizes range from 1.5kg to 2 kg, but larger brown trout may exceed 10 lbs.

The freshwater fisheries of the Fiordland area are managed as 'wild' populations by New Zealand Fish and Game. This means the lakes and rivers are self-stocked. (The aim of Fish and Game is to look after the environment and the fish populations will look after themselves.) There are some stringent laws in place and enforced to make sure the region stays healthy.

There is a huge variety of river fishing available in the region, from remote rivers in amongst the western mountains, to gentle streams only minutes from Te Anau. Fiordland's large deep lakes of Te Anau and Manapouri provide boat trolling, stream mouth, and shore fishing opportunities. The largest river, the Upper Waiau, between lakes Te Anau and Manapouri provides highly productive fishing for the rainbow trout that dominate its water.

Fish and Game maintains angler access points so you can be confident in getting to them. Access brochures with maps are readily available at outdoor sports outlets. A great place to find out locations where you are allowed to fish in Fiordland is the Department of Conservation's web page on fishing in Fiordland.

Guided fishing

There is the option of being guided by experienced local anglers, who can also provide fly fishing tuition. Guided fishing from jet boats is also available. More information about local guides can often be found by talking to staff at Destination Fiordland website.

Fishing season and licencing

The new licence year begins 1st October. Some rivers open on that date, but most lake tributary rivers and streams open on 1st November 1 to protect spawning fish. It is important to have your fishing licence and comply with the regulations you are provided with when you buy your licence. For fishing licence information, including buying your licence on line, go to the Fish & Game website. Licences for kids under 12 are free, and there are reduced costs for young people up to the age of 17. Family licences are also popular.



*For some reason,
jet boating does
not scare the
Fiordland trout*



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FIORDLAND
BY SEAPLANE

Cruising & Sailing

When it comes to cruising and sailing, Fiordland is touted as "the 8th wonder of the world". Comprising of countless islands and passages, the area presents an exciting possibility for adventurers seeking an unspoiled watery wilderness.

Fiordland features a number of fiords, wrongly named sounds (sounds are created by a flooded river valley and a fiord by a glacier) of which Milford Sound is the most famous, though Doubtful Sound is larger and has more, and longer, branches (but is less accessible).

Fiordland have a few world beaters; Browne Falls and Sutherland Falls rank among the tallest waterfalls in the world; and Lake Hauroko, Lake Manapouri, and Lake Te Anau are New Zealand's three deepest lakes.

Once you have arrived in Fiordland, the best way to see the fiord in all its glory is by boarding a cruise and getting out on the water whether for a day, a night, or a week. Cruising the sounds is a unique experience. The stunning sheer cliffs surrounding you, the inky blackness of the water and the frosty alpine peaks looming over it all combine to create a stunning experience epic of grandeur.

Half day commercial cruises depart every day, giving you the chance to experience the fiord in all its different guises.

There are several longer options to cruising, for days or even weeks where you will get to explore those more remote areas. In the discussions we have had with operators, it pays to book well in advance, they will also fit the cruise around what is best for the weather condition and what the clients really wants to do or see, from diving and fishing to just laying low in some very remote wildness paradise.

With so many cruising options on offer it can be daunting, given the wide range of types of cruises and different operators to choose from it pays to get the right advice. There is an extensive range outlined on the Destination Fiordland website.

If you have your own boat, you can visit the Sounds. Remember that there are ten marine reserves in the Fiordland National Park area. This means all marine life is protected and there are strict rules in terms polluting the environment.





Diving

A phenomenon called “Deepwater Emergence” makes Milford Sound one of the most unique dive sites in the world.

Milford Sound is one of the wettest places on earth with around 7-9 meters rainfall per year.

The fresh water cascading down from the mountains absorbs tannins from the forest floor, which stains the water to the colour of tea. Once the fresh water reaches the ocean, it sits as a thick layer on top of the salt water, therefore creating a tea-stained layer that acts as a light blocker and animals that normally inhabit deeper, darker waters, can live in Milford Sound in much shallower depths.

The most well-known species that makes Milford Sound diving unique are black coral trees which are actually white in appearance. Fiordland has one of the world’s largest populations of black coral (about 7 million colonies) with some of them up to 300 years old. Normally they live between 200m – 1000m depth, where in Milford Sound they can be found as shallow as 8m deep.

Many other animals and organisms call Milford Sound home, there are the ever-present butterfly perch, that love the shelter which the black coral trees supply amongst spiny dog sharks, carpetsharks, wrasses, blue cod, jock stewarts, tarakihi, octopus, crayfish, eels, sea dragons, seahorses, tubeworms, sponges and sea squirts, just to name a few.

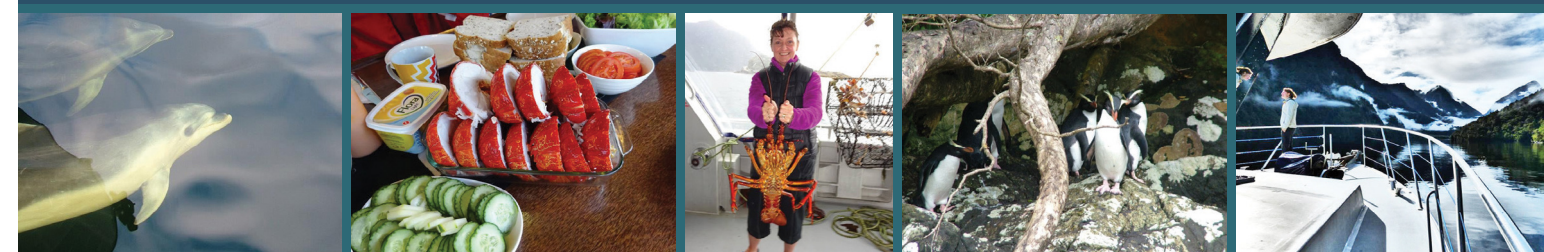
Looking close at the wall or on the coral trees you might spot nudibranchs in vivid colours and various species of seastars like featherstars, biscuit stars, brittle stars, snakestars, eleven-armed starfish.

The New Zealand fur seal inhabits Milford Sound and are often playful and curious to see where the diver’s bubbles come from. Bottlenose dolphins are regular visitors to the Fiord and so are the rare fiordland crested penguins, can be observed on the shores of the Sound.



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Off-the-beaten-track

Active Adventures in the South Island

We're often perplexed by just how little Kiwis have visited places like Siberia Valley and Nelson Lakes National Park. Perhaps it's because we're used to spending all our precious annual leave on overseas trips far away. With limited time on our hands to explore our own backyard, we tend to tick off the bucket list items first such as Milford before venturing further from the main trails. Or, perhaps we just don't know where to begin and how to tackle some of these more remote spots! Here are a few of our all-time favourite to get you started.



Hike to Angelus Hut - Nelson Lakes National Park

You might want to lock this one in quick before the tourists flood back into beautiful Aotearoa, because this hidden gem isn't going to be kept secret for long. Nelson Lakes National Park, located towards the top of the South Island, is home to one of our all-time favourite overnight hikes....The Angelus Hut Circuit. Promising a variety of tramping from gentle lakeside walks to more challenging climbs, you can complete the circuit in just 3 days. The second hut on this journey, Angelus Hut, sits superbly in the grandest of landscapes. Perched right up in the mountains, you'll find this beautiful escape is one of the truest kiwi experiences you can find and with no phone reception, you'll return to your car the following day feeling very content.

With no road access, you're guaranteed an authentic backcountry hut experience as opposed to some of the more commercialised options. You'll need to carry in an overnight pack with you and while we might seem bias, there are certainly perks doing this overnight hike trip guided! You'll be so pleased to have a couple of our Active guides in tow as they carry the lion's share of the load for you. Pots, pans, dinner and breaky ingredients... it doesn't get better than that!

They're not just there to help carry some of the gear though... there's also the safety aspect about going guided. When you're a wee bit unfamiliar with your surroundings and perhaps a bit apprehensive about some of the terrain that lays up ahead, your fully first aid-trained guides will get you from A to B with no worries while also giving you the space to spread out and go at your own pace / enjoy the trail to yourselves.

[Check out the 5-day Nelson Lakes Backcountry Adventure 'Rotoiti' \(September-April\)](#)

Bike the Central Otago Rail Trail

A must do for all those getting back on the bike (saddle), the Otago Rail Trail is a unique biking journey rich in history (and old pubs!). If you're wanting to immerse yourself in the splendour of the South Island and explore the remoteness of Central Otago, this trail invites you to do just this. Best enjoyed at a leisurely pace, you'll uncover the old gold mining settlements and diverse scenery throughout the region, from roaring gorges to rugged landscapes.

[Check out the 4-day Otago Rail Trail Biking Adventure 'Kaewa' \(September-April\)](#)



Angelus Hut, Nelson Lakes National Park



Fly, hike and jetboat in the Siberia Valley - Mt Aspiring National Park

Siberia Valley, an adventurer's paradise, lies just within Mt Aspiring National Park. The valley boasts a mecca of activity, from backcountry hiking to glacier treks, scenic flights and jet boating. If you're lucky enough to spend the night in one of the areas backcountry huts, you'll wake the next morning as the fog lifts out of the valley floor to reveal some of the most spectacular alpine views. With expansive tussock flats and the Southern Alps right at your feet, your hiking boots can wander and explore for hours in this truly remote backcountry bliss!

If you're after some finer touches to your wilderness experience in Siberia, we've got you covered. Active Adventures are experts at taking folks into the backcountry and showing them some of the more off the beaten track hiking spots while also placing a focus on creature comforts. If a beautifully prepared candlelit dinner after a big day out hiking sounds right up your alley, then you'll feel right at home with Active.

[Check out the 4-day Siberia Valley Adventure 'Tawhai' \(September-April\)](#)

Bike the scenic Alps 2 Ocean Cycle Trail

We all know there aren't many countries where you can experience the mountains and the ocean within just a few days. On wheels, you'll cover some epic ground as you pass through New Zealand's high country. Being one of the lesser travelled parts of New Zealand, the Alps 2 Ocean trail takes you from Mt Cook towards the rugged Pacific Ocean and coastline of Oamaru.

While the scenery is certainly one of the biggest drawcards here, this 5 to 6 day bike journey offers more than just this as it travels past quaint towns, each offering its own unique kiwi experience (there's no better way to support local!). If you're after more adventure, you'll want to take to the skies and give gliding a go! For those wanting to give the pins a wee break, we recommend sampling some local wines while soaking your muscles in a hot tub and enjoy world-class stargazing (where the sky itself is a world heritage reserve!).

Also, an important factor about this trip is that you will of course need a bike! We know it can be a little bit of a hassle lugging your bike with you on the plane from afar so we've made sure we have some of the best quality trail bikes all ready to rumble for you when you arrive. There's something nice about having these types of nitty-gritty details taken care of for you... not to forget having someone take care of navigating trails, finding you a place to rest your head each night and where your next meal might be in some of these smaller towns... After traversing these trails for a number of years we think we've nailed the good local spots and we promise you'll feel well fuelled along the way!

[Check out the 6-day Alps to Ocean Biking Adventure 'Whanui' \(September-April\)](#)

A lot of people originally set out to do these types of trips solo but end up joining us as they realise they'll get to see and do so much more with their limited time. You certainly don't want to run the risk of spending your entire trip running logistics on the fly! Plus, our guides often say what a hoot a group dynamic can bring to these trips and how they have met some of the most fascinating people in their lives from group adventures.

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FORGET THE MERCEDES I WANNA BE A VANLIFE LADY

By Jessica Middleton

"I guess what I love about life on the road is you can achieve a remarkable amount with your time as there are endless sites and activities to discover."

There's been a shift in gears over the past couple of years and this is my spin on why vanlife is becoming so appealing for females.

GIRLS JUST WANNA HAVE FUN

This may have been quoted some time ago, but it still lives on. For me vanlife is the ultimate game field for fun, you just can't beat it! I love a life filled with photographing natural scenery, exploring new places, meeting new people, diving into waterfalls, hiking mountains, and all the rest that comes with an adventure-filled spirit. Therefore, vanlife undeniably appeals to me as there's no short supply of just that and it can be extremely long-lived. Why? Having a mobile home means we can enjoy as many overnight stays in our van as desired and absorb each location without having to trek back to a physical address. How often do you feel the party is just getting started and it's over before you know it due to a restricted time frame? I guess what I love about life on the road is you can achieve a remarkable amount with your time as there are endless sites and activities to discover. A one-way ticket to fun, vanlife will keep you motivated by providing a life where there are consistently exciting days to look forward to.

FREE SPIRIT

I feel most women naturally possess the feeling of freedom. Correct me if I'm wrong but the majority of us are not built to be working full time intensely five days per week. I hear so many females saying they would far prefer doing homely duties than be out in the working field, myself included. Worksites are becoming overwhelming and pair with a high amount of pressure, a combination I'm not sure how long I could sustain. I have been working since I was 14 and by the time I was only 21 I'd figured that my extremely stressful work life was so far removed from the peaceful lifestyle that I yearned for. I was left feeling bogged, flat and in need of good service, that's when I looked to my knight in shining armour ('Dusty' our van) to take the wheel. Since then, vanlife living has been on and off over these past few years for me. The ultimate goal is to earn an income whilst travelling, which I've been working towards these past 6 months. I can't express how free I feel when I am on the open road, fuelling my desire to continue living this lifestyle furthermore. You have one life, so I want mine to be overflowing with stories, happiness, and harmony.





HOME SWEET HOME

Women thrive on making a place a home. Unfortunately owning a house in this day and age has become an extremely difficult task, and often one that requires two people's incomes. You may have noticed an increasing trend for vans and tiny home living is now of age. The ability to renovate a van has given so many females a chance to fulfil that dream at an achievable cost, possible even for the minimum wage earner or solo traveller. It's no wonder the increase in popularity that purchasing a home on wheels has spiked interest. I have female friends who have pursued this solo and have mentioned how empowered they feel to have all their possessions created on their own back. I like to think of vans as a safe-haven, a small environment with all your essentials which makes for a life less complicated. When I first thought about renovating our van, my mind went wild, you should have seen how excited I was to get started on this project. Living in rentals, you can't quite make it your own. Here was my chance to unleash all my ideas into the van. I added lights behind our plants as I wanted to have the surreal feel of glow-worms at night, a little fantasy home to match the feeling that comes with the lifestyle.

ROMANCE ON THE ROAD

There's nothing quite like escaping the busy bubble with your lover and hitting the road. Life, in general, has become a hell of a lot busier for the average person as we are expected to be highly involved in all that we do. I am finding as a result that personal time alone with my partner is so far and in-between due to both of us trying to juggle and balance - work life, social life, personal time, health and fitness, hobbies and our relationship. I am sure many of you can relate, so I selfishly admit that I crave one on one time with my partner. Taking to the open roads is the perfect opportunity to connect and

engage in quality and undivided time together. We have now turned date night into date life. Hands down I can honestly say our vanlife adventures are some of my most cherished memories. You both get to completely unwind, live simply without all the stress of the world on your shoulders. It's raw and true. If stealing your man away is committing a crime it's happily one I'd commit over and over. There's just something so romantic about being the two of you lost in paradise together. I could do it forever.

TAKING THE WHEEL

Vanlife provides a lifestyle that's exciting and spontaneous but something you can still have a little control over. Not going to lie, women often like order, and even some of the free-spirited ones can fall into this category too. You may be thinking vanlife seems so simple what would there be to organise? Scheduling out how much food or fuel we need until the next stop and pre researching camp spots or places to visit before arrival is a top priority of mine. Some areas do not provide free camps which require you to make bookings, especially during the school holiday season. Budgeting to ensure you can make the most of your journey and safely return home with stable finances is also ideal. Although time slows down on the road, it doesn't mean it's not precious. For me, my biggest fear is to find out I have missed out visiting an incredible location because we weren't aware of our surroundings. I would rather be over-prepared and avoid any stressful situations arising by being on top of it all. Yes, I'm that girl who has 1000's of notes in her phone and places saved to maps.

I feel having a successful life comes down to good relationships, memories, experiences, the positive affects you have on others, animals, and the earth. Vanlife is providing me with just that, for life on the road is very insightful.

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"Vanlife has taught me to be courageous and fierce."



LESSONS FROM MY VANLIFE

By Brittany Henning

The past 30 years I have been a part of this nonstop repetitive process called life. There's a fixed cycle on the way things are done: go to college, get a job, start a family, and then retire at the 60 and maybe your health is good enough to travel the world. This cycle is not for me so I moved into a tiny house on wheels where I can escape at anytime.

Being a woman in a van can be a struggle sometimes. Where can I use the bathroom? When will my next shower be? What's that terrifying noise outside? How do I binge watch The Bachelor with no WiFi? Where is the pizza? These are many questions I have asked myself more than once this year. I'll go ahead and dive in.

The bathroom issue is a good start. My wonderful boyfriend made a super cool compost toilet for the van. It works excellent, but not when it's that time of the month. The toilet can't hold that kind of thing so I get my little shovel and dig a little hole for all of that (away from everything of course). Otherwise I have to stop a million times at rest areas or any public restrooms along the way. I love being a woman, but dang I wish there was another alternative to periods. Maybe we could like get it all out in one day and be done with it? Anyways, sorry for the TMI, but that's a big challenge that needed to be mentioned.

Showers... What are those again? There is no shower in the van so mostly I depend on gyms and my 6 gallon water jugs to do the trick. I am in the Everglades as I am writing this and I literally just took a water bottle shower outside. A water bottle shower is when you use your water bottle to pour water on yourself, shampoo your hair, then rinse. This is all while getting bit by millions of mosquitoes and inviting about 5000 other bugs into the van because you forgot to shut the door while you showered outside. It's fine though, my hair feels great and it only took all night to murder all the bugs that got in.

Now let's talk terrifying noises outside. I am pretty much scared of any noise I've never heard before. My mind constantly tells me that every noise is a threat to my life. Bird chirping, Is that a man whistling in the woods before he kills me? Car passing, Is that someone stopping to murder me? Yea, it's quite annoying how my mind works. With that being said, I do have a machete I keep with me in case anything crazy goes down. Why not a gun? I don't really want to kill anyone and there are way too many different gun laws in each state. It becomes a headache to study each one and I plan on visiting Canada, which does not allow guns. No one questions a machete right? Totally normal!

Most important question of all: How do I watch The Bachelor? My phone thankfully gives me a good amount of data to use so I can watch Netflix. If it's a really good season of The Bachelor I'll find a store with WiFi and sit in their parking lot just to see what happens. Bonus if there's a grocery store nearby to get the best bottle of wine before the show. I can't wait for the next season!

Oh yea, and one more question you might have: How do I make pizza or brownies? I can't and I'm really sad about that. I have an InstantPot that I use to cook literally everything. Pizza doesn't really work well in it (not that I've tried, but I can imagine). Brownies I might be able to make, but they would probably be soggy (ew). So pretty much when I have cravings I get really grumpy until I drive to the nearest bakery or Pizza Hut to get what I want.

All these things may seem scary or turn you off to the idea of Vanlife, but I love it all. The fact that I could only list about four challenges I have is saying a lot. Vanlife has taught me to be courageous and fierce. If you asked me 10 years ago if I wanted to live in a tiny van with no shower I would have laughed and said, "Absolutely Not". I have become open-minded to everything the world throws at me and I wish every girl could experience this way of life. All you women out there, you are so much stronger than you think you are. I hope you never settle and always push yourself into uncomfortable situations to build your strength and confidence. Never underestimate yourself!

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Like a 'perfect storm', we have seen a dramatic growth and development in online stores over the past 5 years. Now as we are made to keep our 'distance', online, ecommerce takes on a whole new meaning and value. We are dedicating these pages to our client's online stores; some you will be able to buy from, some you will be able to drool over. Buy, compare, research and prepare, these online stores are a great way to feed your adventure addiction while you are still at home.



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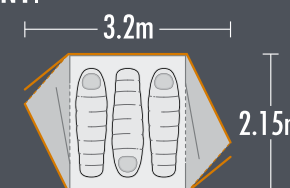


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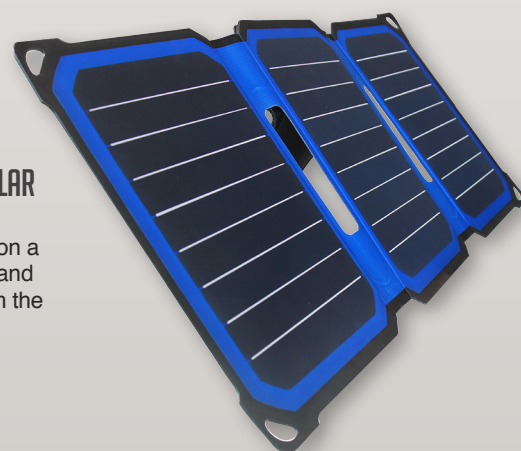
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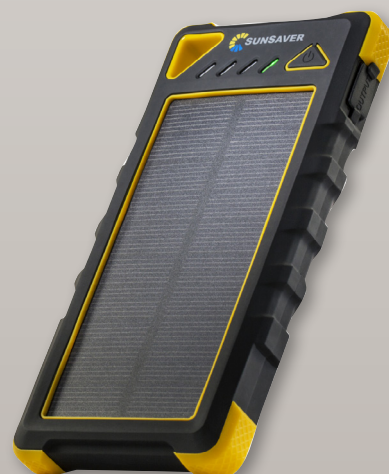
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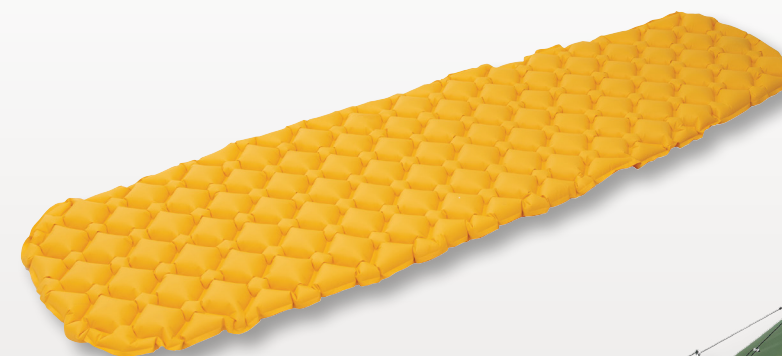
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KIWI CAMPING PUKEKO HIKER TENT

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RRP \$229.00
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KIWI CAMPING TAWA SLEEPING BAG

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GEAR GUIDE



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RRP \$99.99

WWW.HYDROFLASK.CO.NZ



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Awesome as a base layer for a day on the mountain or in the hills, the Cactus Merino Tee is warm, quick dry, super soft and made right here in NZ.

• 81% merino, 12% Nylon, 7% Elastane, 185gsm

RRP \$135.00

WWW.CACTUSOUTDOOR.CO.NZ



MACPAC CASSWELL SHORT SLEEVE CREW — WOMEN'S

Technical hiking tee in Rapt™ merino fabric (merino-wrapped nylon core fibre), body-mapped design with merino/synthetic blend contrast panels, naturally odour resistant and thermo-regulating, flat-locked seams with regular fit. Women's: 140 g (Size 10)

RRP \$119.99

WWW.MACPAC.CO.NZ



RAB WOMENS NUCLEUS HOODY

The Women's Nucleus Hoody is a mid-weight fleece with stretch, offering all round insulation for walking, scrambling, and climbing in cold conditions.

Comfortable and high wicking, the Women's Nucleus Hoody is made with Thermic™ stretch mid-weight fleece with an oval-grid back. A perfect midlayer, the Nucleus Hoody will sit comfortably over a baselayer and under a hardshell, moving moisture through your layers and away from your skin, ensuring you stay dry and warm.

RRP \$199.95

WWW.RAB.EQUIPMENT



RAB WOMENS ASCENT 700

The Ascent 700 is a versatile mid-weight, down-filled sleeping bag that provides reliable protection over three seasons. Designed specifically for regular camping, backpacking and general mountain use.

Using a highly durable Pertex® Quantum outer fabric, the Ascent 700 sleeping bag is filled with 700g of 650FP ethically sourced European Duck Down. The women's specific fit ensures maximum warmth while being better suited to a women's sleeping comfort. As with all Rab down insulated bags, it is hand filled in Derbyshire using Hydrophobic Down developed in conjunction with Nikwax®

RRP \$199.95

WWW.RAB.EQUIPMENT



MERRELL TREMBLANT EZRA LACE POLAR WATERPROOF - ESPRESSO

Step out in style and confidence with a winter boot that has you covered. 200g of insulation combined with a waterproof liner will keep your feet warm and dry during the cooler months.

RRP \$329.00

WWW.MERRELL.CO.NZ



MACPAC THERE AND BACK TIGHTS — WOMEN'S

Active tights made from stretch fabrics, DWR-treated contrast panels, Polygiene® odour control technology, central gusset, low profile/high rise waistband, two drop-in thigh pockets and one zipped phone pocket, reflective detailing and a slim fit. Women's: 250 g (Size 10)

RRP \$149.99

WWW.MACPAC.CO.NZ



MACPAC CASEY PANTS — WOMEN'S

Casual travel pants in a soft polyester blend, elasticated waistband with a drawcord, articulated knees, elasticated cuffs, two hand pockets, two back pockets and one zipped security pocket, regular fit. Women's: 310 g (Size 10)

RRP \$129.99

WWW.MACPAC.CO.NZ

RAB WOMENS CIRRUS FLEX HOODY

The Women's Cirrus Flex Hoody is incredibly versatile, offering durability, breathability, and freedom of movement for any winter adventure. Filled with synthetic Cirrus™ Featherless insulation, the Women's Cirrus Flex Hoody works to balance and regulate temperature. Designed to ensure you don't overheat when you're moving or get cold when you stop, the Thermic™ stretch fleece panels offer excellent flexibility and exceptional breathability.

RRP \$279.95

WWW.RAB.EQUIPMENT



RAB WOMENS ARC JACKET

The Pertex Shield® 3 layer fabric allows stretch as well as offering rain and weather protection. Minimalist features reduce weight and make it easily packable, ideal for when the rain catches you out on a climb. This jacket is designed to be worn while climbing or hiking.

RRP \$399.95

WWW.RAB.EQUIPMENT



MACPAC NAZOMI PERTEX® RAIN JACKET – WOMEN'S

A lightweight alpine shell, waterproof, windproof and breathable with a Pertex® Shield Pro 3-layer construction, water-resistant YKK® AquaGuard® zips, high collar with offset zip, helmet compatible hood, raised harness compatible hand pockets, underarm lift patterning, a single hem adjustment and partially elasticated cuffs with thumb loops. Women's: 210g (size 10).

RRP \$499.99

WWW.MACPAC.CO.NZ



RAB WOMENS MICROLIGHT ALPINE

The Women's Microlight Alpine is the lightweight down jacket you can take anywhere, designed for use in situations where warmth, weight and packability are prime concerns. Constructed with Pertex® Quantum outer fabric, the Women's Microlight Alpine is windproof and breathable, using 750 fill power ethically-sourced hydrophobic down to provide exceptional warmth without compromising on weight.

RRP \$399.95

WWW.RAB.EQUIPMENT



PATAGONIA WOMEN'S HOUDINI JACKET

The 100% recycled nylon ripstop with a DWR finish take-it-anywhere jacket. It offers weather-resistant protection for high-output endeavours and is Fair Trade Certified™ sewn.

RRP \$139.99

WWW.PATAGONIA.CO.NZ



PATAGONIA WOMEN'S POWSLAYER JACKET

The highest level of durable, waterproof/breathable protection available. Optimised for backcountry, it features GORE-TEX PRO with the first 100% recycled nylon face. Fair Trade Certified™ sewn.

RRP \$999.99

WWW.PATAGONIA.CO.NZ



DROPLINE WOMEN'S SHOES

Designed with a lightweight air mesh construction and a performance EVA midsole that provides more cushioning for a softer landing and minimized impact on your muscles and joints. The 3F system, EXA Shell and anti-rock heel cup lock your foot in place and ensure directional stability and support for long trail runs over rugged terrain. Fit: STANDARD / Weight: 304 g

RRP \$319.00

WWW.BOBO.CO.NZ/BRANDS/SALEWA



MOUNTAIN TRAINER 2 GORE-TEX® WOMEN'S SHOES

Comfortable, flexible and supportive – This versatile low-cut alpine approach shoe has a high-quality suede leather upper and a Vibram outsole. The waterproof GORE-TEX® membrane lets your feet breathe; and the women's specific fit with a contoured heel cup, hold your feet comfortably in place for more stability on descents. Fit: STANDARD / Weight: 396 g

RRP \$399.00

WWW.BOBO.CO.NZ/BRANDS/SALEWA



MERRELL SIREN TRAVELLER Q2 MID WATERPROOF

Our tried and true, gender-engineered lightweight hiker for women. Providing natural alignment and superior comfort. The Siren Traveller range is built with a durable and attractive leather upper making them easy to wear everywhere.

RRP \$269.00

WWW.MERRELL.CO.NZ



MERRELL SIREN 3 GORE-TEX

Our tried and true, gender-engineered lightweight hiker for women. Providing natural alignment and superior comfort as well as a mesh upper with Gore-Tex lining so you stay dry.

RRP \$279.00

WWW.MERRELL.CO.NZ



MOUNTAIN TRAINER LITE MID GORE-TEX® WOMEN'S SHOES

Made for alpine hiking and long backpacking routes – our lightweight, comfortable and supportive mid-cut boot performs well on rock and technical terrain. The waterproof, breathable GORE-TEX® lining also makes it ideal for 3-season use, from higher activity levels in summer to rain, mud or lingering snow. Fit: WIDE / Weight: 465 g

RRP \$399.00

WWW.BOBO.CO.NZ/BRANDS/SALEWA



RAVEN 3 GORE-TEX® WOMEN'S SHOES

Our Raven 3 GORE-TEX® women's mountaineering boot has an abrasion-resistant fabric upper to offer exceptional stability, durability and performance. The stiff nylon + 27% fibreglass insole ensures good crampon compatibility. Flexibility, heel support and a precise blister-free fit come courtesy of the SALEWA 3F System. Fit: WIDE / Weight: 629 g

RRP \$599.00

WWW.BOBO.CO.NZ/BRANDS/SALEWA

a thirst for adventure

We all get a 'thirst' from time to time; that Friday night beer, that brandy around the evening fire after a big day up the mountain. But if you do not want to drink alcohol for any reason, historically you were limited to a range of sugar saturated, fizzy, fruity drinks, juices or water, but this is changing dramatically. There has been a demand for alternatives, and it is growing fast. At first there seemed to be very few low alcohol beers on offer. It somehow carried a social stigma, which of course is ridiculous. But as it became more accepted the category has grown. There have always been non-alcoholic products in the background but now these types of beverages are even on supermarket shelves.

Over the last few years, health and wellbeing have become more and more important to people. At the same time, people are looking for new experiences, and want to get the best out of everything they do. The days of partying all night and then struggling through a day skiing or hiking are gone. The search of a greater variety and appeal has inspired curiosity around different flavours, and people want better choice. The main trends which are driving consuming non-alcoholic drinks: greater focus on wellbeing, a thirst for experiences as well as choice and curiosity.

Restaurants and bars across the county now carry low or no alcoholic drinks, beer to wine and spirits as do supermarkets and online stores. Here's a pick of some of our favourites...



Lyre's

Lyre's seems like the big boys of Non-Alcoholic beverages, a wide range bearing a strong resemblance to the core products. With Lyre's it's up to you – replace some of the alcohol in your drink to make a low alcohol Lyre's or make your classic favourites as a no-alcohol option simply by selecting from the many Lyre's variants in their extensive classic range. Check out the full range at www.Lyres.com.au

LONDON DRY

This 'gin-esk' has a mild scent of orange, lime, jasmine, juniper, and mint. Juniper, citrus and peppercorn deliver dry finish but not in any way harsh.

DARK CANE

Delicate dark caramel with scents of molasses, maple, orange. There are the typical rum flavours of caramel, fudge, fig but they are light and great for summer.

AMERICAN MALT

There is a hint of bourbon in this drink. Mild honey taste, with scents of sweet spice and charred oak.

VERMOUTH ROSSO

Aperitivo, is one of the stars of Non-Alcoholic with vanilla, citrus This unique spirit has been crafted to capture the essence of an aromatic vermouth rosso with flavours that are distinct and contemporary – great for making a negroni.

Nogroni

As I love all things Negroni, I decided to try out the Lyres products to see what a non-alcoholic Negroni would taste like and compare it to the real thing. The flavour was very familiar due to the meticulously crafted natural extracts and essences used in the Lyres. A great option and enjoyed knowing that it was resting my liver while feeling like I was having a sophisticated serve in the early evening.

Equal parts Aperitif Rosso, Dry London Spirit, and Italian Orange stirred over ice, sieved into #aglassfromthehospiceshop, and garnished with a gorgeous pink flower.

cocktailontherock.co.nz



Hancocks

There is a huge range of non-alcoholic beers and wine available here are a few. See here some that are available at www.hancocks.co.nz

CLAUSTHALER

A non-alcoholic lager. Fresh and easy to drink. Brewed with the finest barley malt and choicest hops using a unique, patented brewing method – which does not involve extracting the alcohol at the end of brewing. Winner of the World Beer Awards "World's Best Alcohol-Free Beer" award.

KOPPARBERG NON-ALCOHOLIC CIDER

Refreshingly, fruity taste of the popular apple cider with only the alcohol missing – Kopparberg do a full range on non-alcoholic cider – pear, elderberry etc Made from fresh fruits and natural spring water -fairly sweet but fresh.



Seedlip

As long ago as 1651, John French, published The Art of Distillation documenting these non-alcoholic seedlip recipes. At that same time, a family in Lincolnshire had started farming, hand sowing seeds using baskets called 'seedlips' Centuries later, the founder of Seedlip stumbled across John French's recipes and began experimenting with them in his kitchen, using a small copper still and herbs from his garden. That might have been the end of the story, if he had not been given a sickly sweet pink mocktail one Monday evening in a restaurant. The result was the beginning of an idea to combine his farming heritage, love of nature, his copper still and forgotten recipes with the need for proper non-alcoholic options; a name inspired by the seed baskets carried by his family centuries before and a process of Seed to Lip: and so Seedlip was born. All their products are Non-alcoholic, sugar and sweetener free with no artificial flavours. The full range can be seen here www.seedlipdrinks.co.nz

SEEDLIP GARDEN 108

This is obviously the 'Summer' special non-alcoholic beverage tasting of Peas & Hay with traditional garden herb described as 'a celebration of the English countryside'. Extracts of Peas, Hay, Spearmint, Rosemary, Thyme & Hops

SEEDLIP GROVE 42

As with most non-alcoholic beverages this has a very subtle taste of citrus orange & spice. Simply best served with tonic and a twist of orange peel. Extracts of Orange, Blood Orange, Mandarin, Lemon, Ginger, Lemon

SEEDLIP SPICE 94

This has slightly more bite than the other Seedlips on offer with an aromatic with warmer spiced Jamaican Allspice taste. Best served with tonic and a red grapefruit peel garnish. Extracts of Allspice berries, Cardamom, Grapefruit peel, Lemon peel, Oak bark

Garden Essence

For a light and refreshing serve and another non-alcoholic option, I highly recommend Seedlip Garden 108. Served with grapefruit juice and grapefruit tonic this non-alcoholic spirit mix smacks a flavour punch. I can see that this would be ideal for batching up for a group of people or whipping up after work instead of reaching for the wine glass. The zesty and touch of freshness will brighten up your day while quenching your thirst.

Build in a glass with
3 jiggers (90mls) Seedlip Garden 108
1 jigger freshly squeezed grapefruit juice
East Imperial Grapefruit Tonic
Stir and garnish with dehydrated lemon
Approx 7g carb per serving

cocktailontherock.co.nz



a thirst for adventure



Shrouding the Pink

Carrying on with Dry July options, Ecology and Co offer another non-alcoholic option when you feel like a cocktail without the impact of the alcohol. The company, an artisan producer of distilled alcohol-free spirits, small batch, and crafted in New Zealand created this Asian Spice. On the nose there are hints of lemon myrtle, cardamom, black pepper, cassia, basil, and cumin. It tastes slightly pungent and aromatic and although the garnishing covers too much of the pink hue, it also boasts no sugar, no artificial colours or sweeteners, and no regrets. A simple mocktail to dip your taste buds into without it swimming in sweetness.



Ecology + Co

Frustrated with nothing nice to drink they asked the question; "Why can't someone produce an alcohol-free G&T?" So, they did.

Like so many good kiwi business stories it started in the kitchen and they think they now have the World's first alcohol-free distillery. See all their product range here <https://ecologyandco.com/>

LONDON DRY

A delicate blend of juniper, coriander, and lemon, with floral and pine notes for a familiar, fragrant taste and a long, refreshing finish. It's quite different.

ASIAN SPICE

An interesting mix of cardamom, cassia, sweet basil and citrus. A more earthy flavour profile for a soft-spiced. Somewhat fragrant and sweet.

2 jigger (60mls) Asian Spice @ecologyandco
1 jigger homemade low sugar dragonfruit syrup
Half jigger lemon juice
Shake with ice, sieve into #aglassfromthehospiceshop, and extravagantly garnish with fresh dragonfruit.
Approx 4g carb per serve

cocktailontherock.co.nz



Edenvale

An exciting option for lovers of premium wine. This exceptional range of alcohol removed wines is perfect for celebrations, as an accompaniment with food or enjoyed on its own. With half the calories of normal wine, it tastes great and is rich in antioxidants.

EDENVALE SAUVIGNON BLANC - Due to the distinctive flavour of Sauvignon Blanc this is a very recognisable wine- possibly the most recognisable of the Edenvale group. The wine is not super dry, and the flavours linger on a refreshing acid finish.

EDENVALE CHARDONNAY is clean and fresh. recognisably chardonnay in flavour combined with some subtle oak characters add real complexity and make for wine flavour experience alcohol free.

EDENVALE SHIRAZ offers a deep ruby colour and a ripe, black cherry-scented aroma. It is light and fresh with a strong fruity flavour – like a light Australian Shiraz. (Alc. under 0.5%)

EDENVALE ROSÉ has a bright red currant colour. It has a 'strawberry' type flavour and a soft, delicious aftertaste.

bivouac/outdoor
COMMITTED TO ADVENTURE

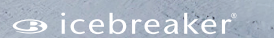


Photo by Neil Kerr.
Fraser McDougall & Sam Smoothy
in the Richardson Mountains,
New Zealand.

Since 1987 Bivouac Outdoor has been proudly 100% New Zealand owned, and committed to providing you with the best outdoor clothing and equipment available in the world. Gear to keep you dry, warm and safe either in-bounds, sidecountry or backcountry this season. Ski, board and gear hire plus full workshop and servicing facilities available this season at our Tower Junction (Christchurch) store.

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Notchup P2018144 - Credit photo : Getty Images, © Pauline Massé / NCTPS, WorldAdventureDivers.com / NCTPS

#NewCalPulse

NEWCALEDONIA.TRAVEL

New Caledonia's Eco-warriors

New Caledonia is a biodiversity hotspot, home to many endemic species and some of the world's most pristine natural landscapes.

Many of the people that live in New Caledonia are passionate about protecting their natural environment. Meet the women who are leading the charge and hear what they love about their work and the country they call home.



Axelle Battie

Axelle Battie, founder of outdoor adventure company, Toutazimut

Originally from France, Axelle arrived in New Caledonia in 2003. Armed with a Diploma of Tourism and 10 years' experience working for an outdoor adventure company, she set up her own enterprise: Toutazimut. Toutazimut specialises in hiking (including logistics and expert advice), offering day trips and 4x4 excursions in New Caledonia's Great South, which is a 1.5-hour drive outside of the capital city, Noumea.

"Being out in nature is part of my daily life. I value it and strive to educate my guests on its importance. Even though nature has suffered greatly from human activity over the past 100 years, we must protect what is left for our children. Nature is my antidepressant!"

"The Great Caledonian South, and particularly the Blue River Park, is home to the only forest in the world still native to the subtropical Gondwana rainforest system. Gondwana is an ancient supercontinent that incorporated present day South America, Africa, Arabia, Madagascar, India, Australia, and Antarctica. 82 per cent of plant and animal life in the Blue River Park is endemic, demonstrating how living things have managed to survive on earth despite pollution from heavy metals and poor nutrient levels. If that isn't a reason to discover New Caledonia's natural environment, I don't know what is."



Solène Derville © Nicolas Job.

Solène Derville, researcher at the Research Institute for Development and Operation Cetaceans

Solène came to New Caledonia from France in 2015 to study her doctorate thesis at the Research Institute for Development in Noumea. During her three-year stint, she studied the movements of humpback whales in New Caledonia and the wider Oceania region, so that humans can better protect them.

Solène still works at the Research Institute for Development, as well as a research association called Operation Cetaceans, which has been monitoring humpback whales for 20 years. She was recently awarded the L'Oréal-UNESCO Young Talent Prize for Women in Science, and is heading to the Southern Lagoon this winter to monitor humpback whales.

“Weather permitting, myself and a team of researchers will be at sea every day aboard a small zodiac, to study the whales that reproduce in the lagoon waters. We will photograph the whales, and (gently!) take skin samples to help us identify them and understand their evolution.

“Understanding and protecting nature has always been important for me. Especially when there are species, like the humpback whale, that are considered endangered by the International Union for Conservation of Nature, and are an important part of the ocean's eco-system and have real cultural significance for the people of the Pacific. That being said, it's vital our research extends beyond endangered species. For example, New Caledonia is also home to many other species of whales (including 28 species of cetaceans!) and dolphins that are just as important to the ocean's eco-system. Raising awareness of all these animals amongst the general public is vital to their survival long-term.”



Baleine © Catamania_NCTPS

Geneviève Briançon, Aline Guémas, Marilyn Sarocchi, Claire Goiran, Monique Zannier, Monique Mazière, Cathy Le Bouteiller and Sylvie Hébert, citizen researchers, otherwise known as the ‘Fantastic Grandmothers’

The Fantastic Grandmothers is a group of ladies aged 62 to 75, each of whom love to swim. They were approached by a local researcher in 2017 to ask if they would help find and document sea snakes, which live and feed in the bays around Noumea. The group said yes and spend an average of two hours a day in the water photographing and counting the sea snakes and observing other marine species in the area.

“New Caledonia is home to exceptional flora and fauna, both on the land and in the ocean. Our observation ground may only be a tiny part of the Caledonian lagoon, but it is incredibly rich. Our duty is to protect it. Through our research, we strive to educate people about New Caledonia's exceptional biodiversity and report all possible pollutants, to try to protect New Caledonia's waters. The goal is to make people aware of all this beauty, and the role of each species in relation to others.”

Aline Schaffar, Project Manager, Ocean Heritage Program, Pew Charitable Trusts and Bertarelli Foundation

Like Axelle and Solène, Aline is also originally from France. She landed in New Caledonia in 2007, following stints in New Zealand, Hawaii, Canada and New Zealand working on scientific research projects monitoring marine mammals. Prior to working with Pew Charitable Trusts and the Bertarelli Foundation, Aline worked with Operation Cetaceans, where she studied the impact of whale-watching on humpback whales and developed a management program for the local whale-watching tourism industry with local government bodies. Today, Aline's work sees her implementing projects to support the protection of New Caledonia's Coral Sea Natural Park, which, at 1.3 million square kilometres in size, is the world's fourth-largest protected marine park.

“Nature and the environment, particularly the ocean, are fundamental to the survival of the planet. The ocean covers almost 75 per cent of the earth's surface, contributes greatly to climate regulation and ensures the food security of nearly three billion people. It is an asset for eco-tourism, research, scientific knowledge and is a huge part of the cultural heritage in the Pacific.

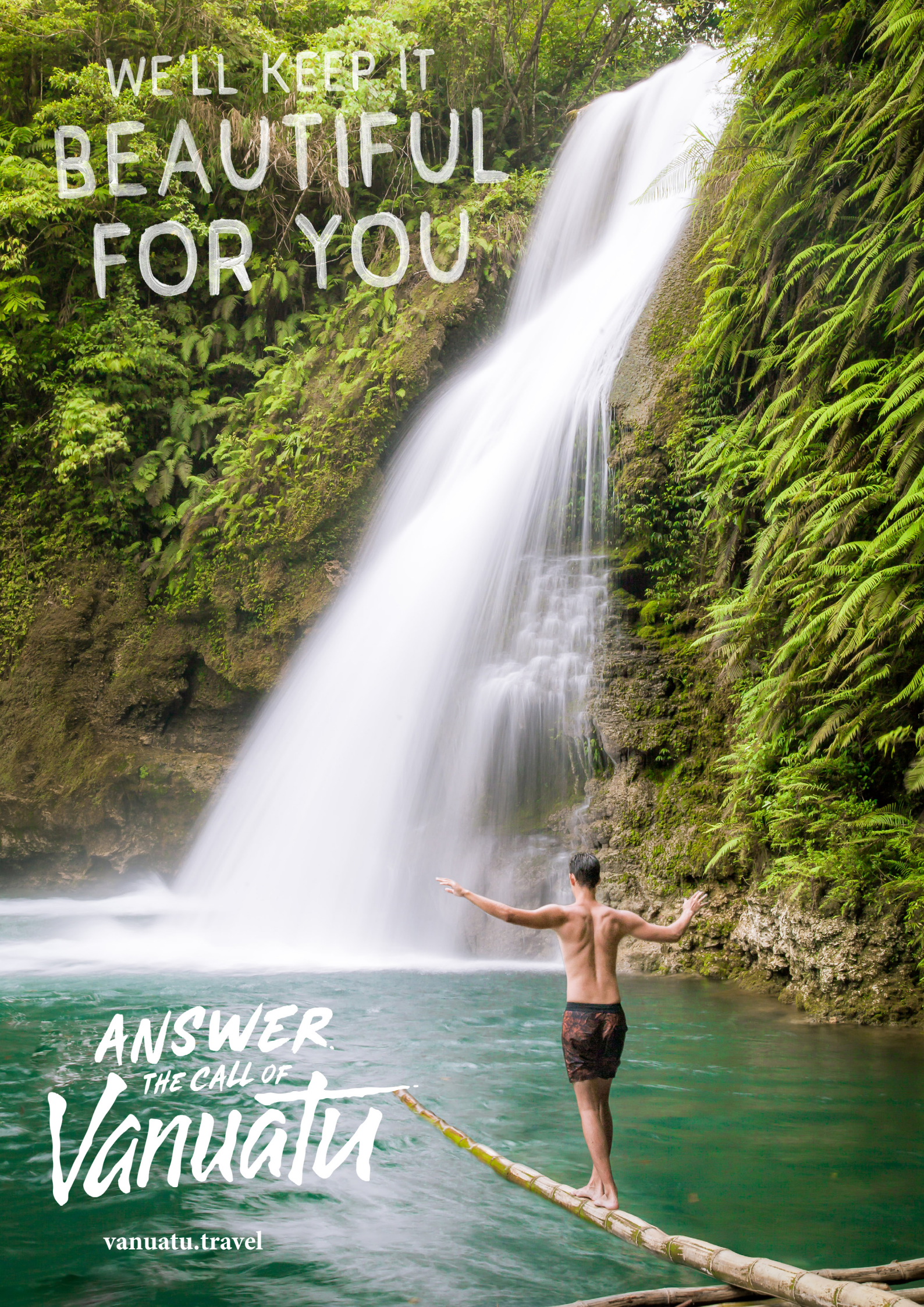
“In New Caledonia we are incredibly lucky because our natural environment is exceptionally healthy. Only 1.5 per cent of the world's coral reefs remain unaffected by humans; a third of these are found in New Caledonia. We have a responsibility to protect them, and we have a unique opportunity to position ourselves as pioneers in this space. Our job is less so restoring the environment, and more so maintaining it, which is rare for many people in my position. It's important to remember how lucky we are in New Caledonia to be surrounded by so much healthy flora and fauna, to encourage everyone to do their bit to protect and preserve it - both for generations of today and tomorrow.”



Aline Schaffar © Arnaud Elissalde



The Fantastic Grandmothers



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Vanuatu

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Take the Plunge

Vanuatu's must-see waterfalls



Pack your sense of adventure for a change of pace with our list of iconic Vanuatu waterfalls, some easier to get to than others...

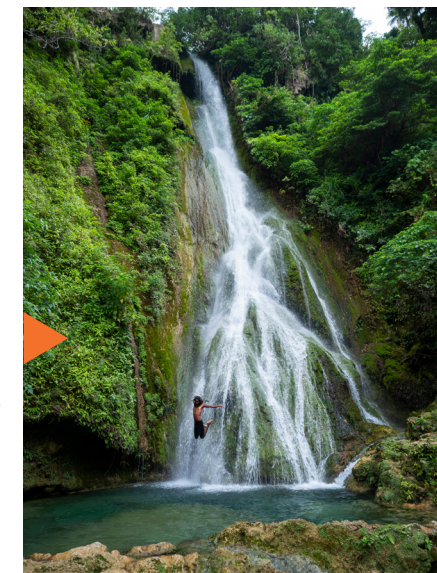
If you're looking for cookie-cutter holidays, maybe look elsewhere. Vanuatu's charm lies in its access to swathes of untouched islands, all a plane ride or boat trip away. On some, there are no cars or electricity, and limited infrastructure. Instead, there are volcanoes to climb, waterfalls to discover and night skies vivid with burning clusters of white stars.

Lololima Falls, Efate

Another treasure on Efate, this hidden gem is close to the Mele Cascades but is often far quieter, offering you the chance to feel like a true castaway. Take the day to explore all the nooks and crannies of this river valley, poke your nose into caves hidden behind sheets of water, and soak in the cool pools with views over the valley below. Vanuatu Ecotours acts as the perfect chaperone to get you to the falls which are on private property, a small price to pay to avoid the crowds on cruise ship days.

Mele Cascades, Efate

Perhaps one of Vanuatu's most famous waterfalls, Mele Cascades is also its most accessible, just a 20 minute drive outside Port Vila. Join an expedition with Evergreen Vanuatu if you don't want to hire a car. This cool sanctuary is accessed by a jungle path, meandering through dense foliage to reveal a natural waterpark. The freshwater cascades run over limestone rocks and luminous rock pools offer a cool alternative to your resort's swimming pool. Like most of the other falls, there are steps carved into the rock's surface for easier footing, but pack your reef shoes for better grip. Take your time to climb to the top, where the tallest cascades drop more than 40 metres. Hang out in the sapphire pools carved out of the stone. When your soul has been washed clean, head to the cafe nearby for lunch with a river view, leaving life's urban grind far behind.





Mount Hope, Espiritu Santo

Espiritu Santo is Vanuatu's largest island, brimming with destinations well worth braving the odd mosquito bite to experience. Check out the Mount Hope Waterfall, where the fun starts with the journey. Book a guided tour from Luganville which takes you through the jungle to the Mount Hope River. Pull on your life jacket and reef shoes before jumping in the water to float downstream, winding through a limestone gorge overhung with thick vines, fringed ferns and mossy trees. The river flows at a gentle pace, eventually reaching your destination, Mount Hope Waterfall. Here you can climb the falls and take a break halfway as the water runs all around you. This is a far less strenuous but no less exquisite alternative to Millennium Cave, the perfect compromise for those who want an adventure but aren't ready for the challenge of caving.

Nazareth Twin Falls, Tanna

Vanuatu's Tanna Island is intriguingly traditional, with raw terrain and a sun-drenched way of life. Visitors are drawn to the island for its natural wonders such as its active volcano and incredible Blue Cave. But at the opposite end of the growling, flame-filled mountain is the cool, refreshing escape of Nazareth Twin Falls, an often overlooked and underrated cascade. Within walking distance from Isaka village (where you can see traditional dance performances), the cascade can be accessed either by car or foot along a winding creek bed, skirting around the river and winding through the thick forest. Your accommodation can help to organise a waterfall tour. The Nazareth Twin Falls flow down the rock face into a deep swimming hole, offering a welcome respite from the thick humidity.

Millennium Cave, Espiritu Santo

Best described as arduous, the navigation to Espiritu Santo's Millennium Cave isn't for the faint-hearted. However, armed with a sense of adventure, a pair of reef shoes and a can do attitude, this excursion proves a memorable experience. Join a four-wheel-drive tour from Santo's largest town Luganville for a 45 minute drive to Nambel village. Here the 1.5 hour hike commences through canyons, over boulders, up steep ladders, across bamboo bridges and through rivers. The end result is oh so worth it. Snack on fruit growing along the way and listen as your guide explains the tropical flora thriving in the humidity. Float along the river in parts, past many a cascade including the impressive 'Hidden World Waterfall' churning up the dark water. Millennium Cave itself is one of Vanuatu's most spectacular natural wonders, an enormous dark dome replete with flying bats. A porthole punctures the rock's ceiling, letting in a shaft of filtered light which illuminates the way. This is a journey to dine out on!

Siri Waterfall, Gaua

Located on the island of Gaua in northern Vanuatu, the Siri Waterfall is the tallest in the archipelago, the perfect destination for a taste of adventure. As you fly into the airport you'll see the rugged coastline and dense jungle that covers most of the island, with small villages and gardens dotted throughout. The best way to see Gaua is by foot, either on full or multi-day hikes. Meander through untouched rainforests and learn about the rich culture imbued in the very tapestry of local kastom. This is more than a tourist attraction, it's a way of life. At 120 metres tall, the Siri Waterfall claims the title of the highest in the South Pacific. Enjoy a leisurely swim at the foot of the pounding cascades and a picnic lunch before starting the walk home. The 8 hour return trek will take you through coconut plantations, local gardens and in and out of rivers.

For further information visit
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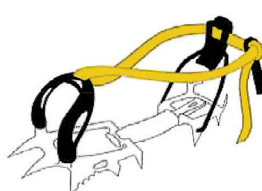
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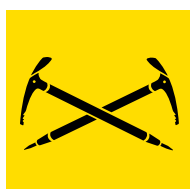
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